



Yogis hit Halifax Common

Dozens flex their muscles in inaugural fundraiser PAGE 4

GOLDEN BOYS

HERD TRIO HELPS WIN
TITLE FOR CANADA PAGE 19



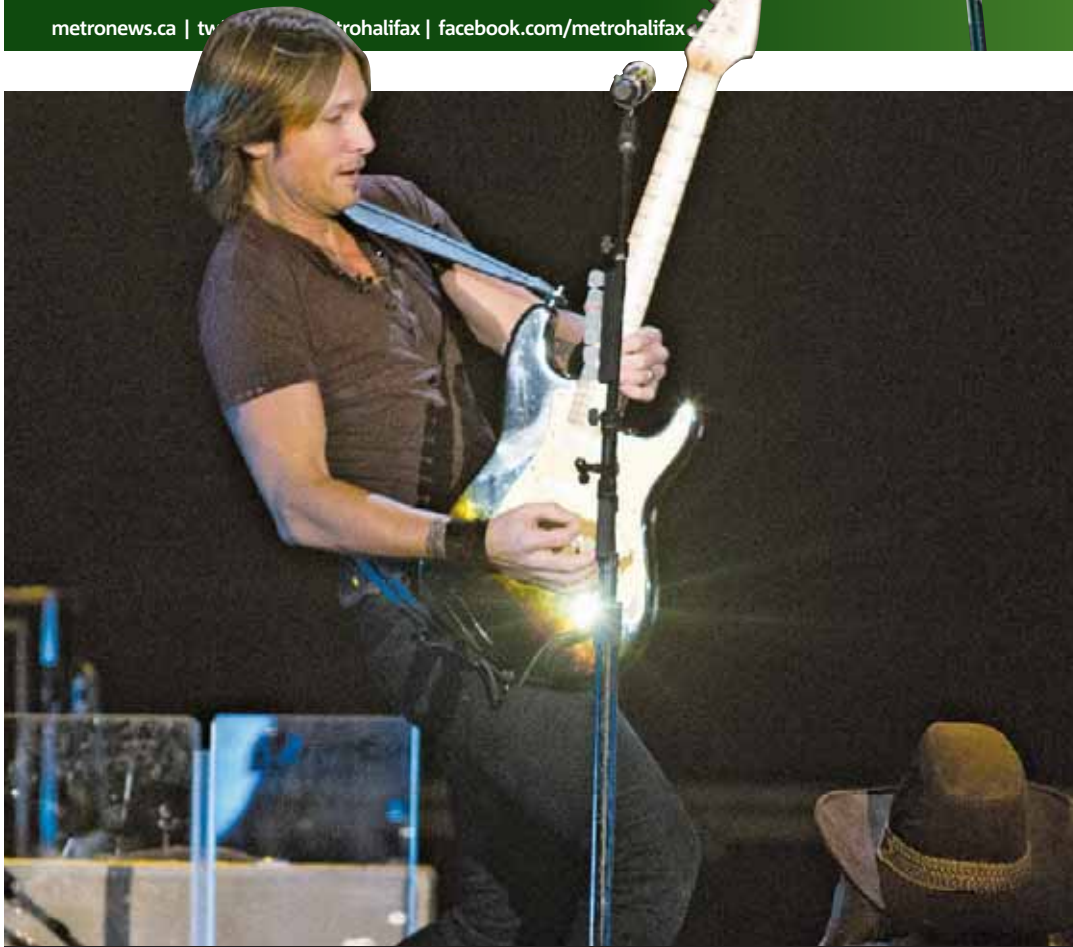
Monday, August 20, 2012



HALIFAX

metro

metronews.ca | twitter.com/metrohalifax | facebook.com/metrohalifax



HALIFAX COUNTRIFIED

Country singing star Keith Urban rocks out on stage Sunday night during a performance at the Halifax Metro Centre. The show was the first of three for Urban in Atlantic Canada, as he will perform in St. John's on Tuesday and Wednesday. JEFF HARPER/METRO

Sailors on way home

Mission wrap-up.
HMCS Charlottetown
expected to reach
Halifax mid-September

HMCS Charlottetown is heading home to Halifax after a seven-month maritime security mission in the Arabian Sea.

The Department of National Defence announced Sunday that British Columbia-based HMCS Regina has arrived to relieve the Charlottetown, which was originally assigned to Operation Active Endeavour with NATO allies in January.

The Charlottetown was transferred to Operation Artemis, a 26-nation flotilla conducting anti-terrorism activities in the Arabian Sea, on April 22.

"HMCS Regina's deployment continues our strong tradition of participation in overseas operations with out allies, while making meaningful contributions to international security and stability," wrote Heather Domerecky, a spokeswoman for Defence Min-

ister Peter MacKay, in an email.

"Canada's contribution to maritime security and counter-terrorism operations plays a key role in the prosperity of our country."

One of Charlottetown's main tasks in Operation Artemis was the disruption of illegal trade. In May, it intercepted two smaller vessels off the coast of Yemen, resulting in the seizure and disposal of approximately 600 pounds of hashish.

"It's been essentially patrolling the Arabian Sea region everywhere from the Gulf of Aden all the way up the Coast of Oman," said Capt. Mark Peebles with the Canadian Expeditionary Force Command.

MacKay announced the mission in November 2011, committing the Royal Canadian Navy to maintain a presence in the Mediterranean until the end of 2012.

At the time, MacKay said the commitment was partly out of consideration for the situation in Syria, which remains embroiled in a bloody civil war.

ALEX BOULTIER/METRO

Congratulations
Team LASIK MD

Canada is proud of you!

lasikmd.com/teamlasikmd



Stéphanie Durocher • Stéphanie Leclair • Jo-Annie Fortin

2011 LASIK MD Patients

LASIK MD
VISION

LASIK starting at \$490/eye*

FREE Consultation: 1-866-999-0435

* Prices are subject to change without prior notice. Prices are for LASIK only. Prices for PRK and Epi-LASIK are available upon request. Prices are for one eye only. Other conditions may apply.



AMHERST

AML Communications
Amherst Centre Mall
142 South Albion St.
(902) 669-3388

ANTIGONISH

Motion Communications
19 A James St. Plaza
(902) 863-5888

BEDFORD

AML Communications
Sunnyside Mall
1595 Bedford Hwy.
(902) 463-3388

BRIDGEWATER

World of Wireless
533 King St.
(902) 543-6363

DARTMOUTH

AML Communications
121 Ilsley Ave.
(902) 468-3388

AML Communications
Mic Mac Mall
21 Mic Mac Blvd.
(902) 466-3388

GREENWOOD

AML Communications
Greenwood Mall
936 Central Ave.
(902) 760-3399

HALIFAX

AML Communications
201 Chain Lake Dr.
(902) 455-3388

AML Communications
5693 Spring Garden Rd.
(902) 492-3388

SACKVILLE

AML Communications
405 Sackville Dr.
(902) 865-3388

NEW GLASGOW

Motion Communications
60 Archimedes St.
(902) 752-5888

NEW MINAS

AML Communications
County Fair Mall
9256 Commercial St.
(902) 681-3388

PORT HAWKESBURY

Motion Communications
634 Reeves St.
(902) 625-5777

SYDNEY

Soundafex
484 Grand Lake Rd.
(902) 564-9400

TRURO

AML Communications
Truro Mall
245 Robie St.
(902) 893-2288

YARMOUTH

AML Communications
Yarmouth Mall
76 Starrs Rd.
(902) 742-3388

BONUS
UNLIMITED INTERNET
FOR 3 MONTHS

The place to go... to go superfast.



Samsung Galaxy S III™ (16 GB)
with FLEXTAB™
\$159.99*
with select
3-yr. FLEXTAB
agreements

LTE
beyond 4G

THE LTE-READY SAMSUNG GALAXY S III™

Samsung's most advanced superphone with HD Super AMOLED screen

Hurry into a Rogers store for a huge selection of LTE superphones.

Rogers LTE network available in select cities. See rogers.com/coverage

rogers.com/superphones

CONNECT EXCITING + NETWORK TALK SHARE RELIABLE ACCESS
TALK FRIENDS SUPER NETWORK LIFE TEXT FIRST FAST
CHAT ACCESS + NETWORK FREEDOM EXCITING FRIENDS
Creating World-Leading Internet Experiences.



HALIFAX

Halifax Shopping Centre
7001 Mumford Rd.
(902) 455-1778



«WIRELESSWAVE»

WIRELESS etc...



FUTURE SHOP



Walmart

MOBILE SHOP

Offers available for a limited time and subject to change without notice. Usage subject to Rogers Terms of Service and Acceptable Use Policy. *With new activation on any 3-yr. talk and internet plan having min. \$48 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXTAB balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to \$35 (varies by province) may apply. © 2012 Rogers Communications.

Public health

The Bicycle Thief closes after Norwalk concerns

A popular waterfront restaurant in Halifax has closed after staff and customers began exhibiting Norwalk-like symptoms.

The Bicycle Thief closed Saturday and will remain that way until Tuesday, after about 12 staff and an undisclosed number of customers fell ill.

According to co-owner Stephanie Bertossi, the provincial departments of agriculture and health will conduct a full inspection of the restaurant before they re-open.

"We have about 80 staff ... and on Thursday we had two members call in sick, and on Friday we had more call in sick," Bertossi said Sunday. "We decided first thing Saturday morning to close the restaurant."

Another Bishop's Landing restaurant that Bertossi owns, Ristorante aMano, is also taking preventative measures, but she said she does not believe that any staff have exhibited similar symptoms.

The Norwalk virus can cause bouts of vomiting and diarrhea. The virus is transmitted a number of ways, but person-to-person infection is commonly associated with sharing food, water or utensils. It can also be contracted through contact with contaminated environments.

Norwalk outbreaks are often found in institutions such as daycares and long-term care facilities, as well as cruise ships, schools and camps.

"We're on the waterfront, and there (are) lots of people coming from different places on the waterfront," Bertossi said.

The restaurant issued a statement Saturday night advising it was closing until Tuesday because of the suspected virus.

They said it was a "precautionary step" and said those who became sick felt better within 12 hours.

But some on social media who say they became sick after eating at the restaurant said their symptoms lasted up to three days.

ALEX BOULTIER/METRO



The Bicycle Thief restaurant.
RUTH DAVENPORT/METRO



Making sand castles while the sun shines

Shawn Gayton works on his sand castle entry at the 34th Annual Clam Harbour Beach Sandcastle competition on Sunday. There were more than 100 entries for the annual event that drew thousands of onlookers. For a photo gallery from the event, visit metronews.ca.

JEFF HARPER/METRO

Man, 45, charged in Sydney murder due in court Monday

Under investigation. Police have concerns about circumstances of death of unnamed North Sydney man

A 45-year-old Sydney man is facing a second degree murder charge following the death of another man in an apartment building Friday evening.

Charles Jack Wheeliker has been remanded to the Cape Breton Correctional Centre and will appear in Sydney provincial court on the charge Monday.

The Cape Breton Regional Police were called to a Townsend Street apartment in Sydney at 11:45 p.m. Friday and were met by EHS paramedics who had tried unsuccessfully to revive a 35-year-old North Sydney man.

A man described by police as "a person of interest" in the case was arrested shortly after

police arrived on the scene.

The dead man's name is not being released, pending notification of next of kin.

Few other details were released by police who stated only that they had concerns about the circumstances surrounding the man's death, and as a result the force's major crime and forensic identification units were called in to assist with the investigation.

The man's body has been sent to Halifax for an



Cape Breton Regional Police on the scene Saturday where a 35-year-old man was killed. CAPE BRETON POST

autopsy, which was to be performed Sunday.

Victim recalled

Deceased 'comical as hell': Neighbour

One man who lives next door described himself as a friend of the deceased.

The man, who agreed to speak but did want his name used, said he had seen his friend just hours before his

death and he seemed fine at the time.

"He was at my house at 7 o'clock and then I went back over to see him for a minute and he didn't answer the door and about an hour or so later, an ambulance comes barreling down the road and we came over (to the apartment) and found out he was dead," said the man, who does not know

The apartment where the man died was on the second floor of a home, at 476 Townsend St. It was under police surveillance Saturday and major crime officers were conducting interviews with other tenants of the five-unit building.

Several neighbours declined comment to reporters on the death or what, if anything, they had witnessed late Friday night.

CAPE BRETON POST

what happened to his friend.

The man said he's known the victim for about two-and-a-half years and described him as a humourous person.

"He was comical as hell. If anybody would say anything wrong he'd say, 'Don't be lie-telling.' That was his favourite word, 'don't be lie-telling,'" he said. "God rest his soul." CAPE BRETON POST

1 NEWS

On the web



On Sunday, Quebec politicians squared off for the first time ahead of the upcoming provincial election. Scan the code to find out about the night's highlights.

Back to work? NewPage paper mill ruling expected on Monday

Regulators will release a ruling on a power-rate application by the company looking to reopen the NewPage paper mill Monday, a decision that could determine whether hundreds of people will go back to work after a year off the job.

The Utility and Review Board advised it will release its decision on the application jointly filed by Pacific West Commercial Corp. and Nova Scotia Power Inc. this morning.

At about the same time, Premier Darrell Dexter is scheduled to make an announcement regarding NewPage in Port Hawkesbury.

The provincial government hasn't indicated what Dexter will be speaking about, but one of the remaining hurdles that Pacific West needs to overcome before reopening the mill is a new forestry agreement with the province.

Pacific West officials have said that it needs the discounted power rate it requested or they will abandon plans to restart the mill.

NewPage Port Hawkesbury shut down indefinitely and went into creditor protection in September,



Darrell Dexter. METRO FILE

throwing almost 600 mill employees and another 400 woodlands contractors out of work. It was the Strait area's largest employer. The process of selling the mill has dragged on far longer than initially anticipated.

Under the complicated 7.5-year electricity deal, the mill would pay the cost of the fuel required to generate electricity for it and make a contribution of about \$2 million annually to NSPI's fixed costs. NSPI would take a 30 per cent ownership stake in the mill and would share in any profits it generates.

CAPE BRETON POST

Assault. Woman attacked by unknown man while walking dog in Bedford

Halifax police are looking for a suspect after a woman was assaulted in a popular Bedford walking area on Saturday.

Police say a 43-year-old woman was walking her dog around 12 p.m. on a path near Shore Drive when she was knocked to the ground by an unknown man.

After a struggle it is believed the woman's dog bit the man and he fled.

Police say the woman then returned home and told a family member who

Suspect

The suspect is described as a white male in his 40s, with a stocky build and curly red hair. At the time of the assault, he was wearing a golf shirt with horizontal stripes that were yellow, blue and green.

went back to the area and notified police.

THE CANADIAN PRESS

Wet weather

Rainfall prompts closure of two Halifax beaches

The Halifax Regional Municipality has closed two Halifax beaches yet again due to rainfall.

Black Rock and Dingle beaches were both closed Sunday until further notice because of recent wet weather.

The release from HRM also said the closure was

done as a precautionary measure, but no other specifics were given.

In July, both beaches were closed after heavy rainfall caused two pump-out stations for the wastewater collection system to overflow for more than an hour. The beaches, located on the shoreline of the harbour within Point Pleasant Park and along the arm, are near the pumps.

This is the third time this summer that both beaches have been closed due to rain. METRO



Locals do yoga on the Halifax Common Sunday as part of the first annual Yogathon held in cities across Canada. RUTH DAVENPORT/METRO

Flexing, stretching for a good cause

Yogathon. Dozens support inaugural event to raise money for children in developing countries

Quoted

"Yoga is modifiable for whatever your level is.... It can be a great workout, or it can just be a way to stretch and move our bodies, which we do so rarely."

Joanna Bull, Yogathon organizer

about 600 people in six Canadian cities.

Participants set out to complete 108 sun salutations, a sequence of 12 yoga movements, to raise money for the Foundation's Care for Children initiative.

"We really wanted to do it now because there's so much news about crime and violence," said Halifax organizer Joanna Bull. "We thought we should get together and bring

some peace and a little positivity to the heart of the city."

Four instructors from various Halifax studios led the crowd through more than two hours of sun salutations to finish — appropriately — under bright sunshine.

"I feel great, surprisingly," said Dartmouth resident Sandra Gullion, minutes after a final cleansing breath. "This really brings you in as a group, which is nice, because you're

feeding off each other's energy and the positive energy from the instructors, which is good."

Bull says organizers are hoping to expand the fundraiser in the future, saying it will help foster greater awareness of yoga as a physical activity that's accessible to everyone — regardless of age or fitness level.

"You see these pictures of people with their feet behind their heads and they're super skinny, so you think 'Oh, I definitely can't do that.' But we have people here from teenagers all the way up to 66, so it's letting people see what yoga can be," said Bull.

The Care for Children initiative provides educational infrastructure to children in developing countries.

Research takes aim at invasive species

Dalhousie University is working on a system to test the cleanliness of ballast water, the only such facility in Canada, just as new regulations could be introduced that would govern what ships could discharge at ports around the world.

The Aquatron laboratory is scheduled to conduct its first tests of ballast water at

the school later this month.

"We have to imitate a ship taking on ballast and then we hold the water so that represents transit of the ship going somewhere," said John Batt, manager of the research facility. "Then we test the water on a de-ballast."

Batt said water will be pumped through a control system and a ballast water

management system separately. The results will then be compared and the tests will be repeated with different salt water levels.

"This is a huge need the industry has," Batt said. "A huge portion of Eastern Canada's revenue and GDP comes from the fishing industry and that's potentially at threat."

THE CANADIAN PRESS

Economic impact

A spokesman for the federal Fisheries Department said it's hard to quantify the exact economic impact of invasive aquatic species.



Vendor Larry Hardy of Hardy Wares looks over his product Sunday at the Seaport Farmers' Market. RUTH DAVENPORT/METRO

Buying local 'very worth it'

Farmers' market.

Incredible Picnic event featured tasty treats that were grown, harvested or raised in Nova Scotia

RUTH
DAVENPORT
halifax@metronews.ca

For the fifth year in a row, local producers gave HRM residents plenty of tasty reasons to shop the farmer's market instead of the grocery store.

The fifth annual Incredible Picnic event at the Halifax Seaport Farmers' Market on Sunday featured mouth-watering displays of produce, meat and seafood grown or harvested in Nova Scotia — as well as products made from

Quoted

"A lot of people will pick up my marmalade ... which is oranges, sugar, lemons and water, and they say, 'That's good for me! I'll take it!'"

Larry Hardy, Hardy Wares

those local ingredients.

Vendor Larry Hardy of Hardy Wares said the picnic is a tremendous business booster, generating a steady stream of new devotees to his relishes, pickles and jams.

"People are really embracing it," he said. "When we started in Dartmouth three years ago, there were only a few vendors and not much traffic, and now it's booming."

Halifax resident Miya

Turnbull — scarfing down a fresh meat pie — said she makes a conscious effort to buy locally, but the convenience of one-stop shopping sometimes gets in the way.

"With a young daughter, it's easy to go to Superstore, park, and get everything there," she said. "But more and more, we're making the extra effort. It's very worth it."

Logistics and cost are the most frequently cited barriers to buying local, but Select Nova Scotia co-ordinator Jennifer Reynolds says short-term inconvenience will result in long-term gain for everyone.

"Price is an issue for food in general, local or not," she said. "The positive side of local is that money invested locally does multiply in the economy, so there are those benefits."

Municipal and School Board Elections Saturday, October 20, 2012

Take notice that the HRM Returning Officer will accept NOMINATIONS OF CANDIDATES for the following offices:

- ✓ MAYOR (Elected at Large)
- ✓ MEMBERS OF THE HALIFAX REGIONAL COUNCIL
- ✓ One (1) Councillor for each of sixteen (16) NEW Polling Districts

| |
|--|
| District 1 - Waverley - Fall River - Musquodoboit Valley |
| District 2 - Preston - Porters Lake - Eastern Shore |
| District 3 - Dartmouth South - Eastern Passage |
| District 4 - Cole Harbour - Westphal |
| District 5 - Dartmouth Centre |
| District 6 - Harbourview - Burnside - Dartmouth East |
| District 7 - Peninsula South - Downtown |
| District 8 - Peninsula North |
| District 9 - Peninsula West - Armdale |
| District 10 - Birch Cove - Rockingham - Fairview |
| District 11 - Spryfield - Sambro - Prospect Road |
| District 12 - Timberlea - Beechville - Clayton Park West |
| District 13 - Hammonds Plains - St. Margarets |
| District 14 - Upper/Middle Sackville - Beaver Bank |
| District 15 - Lower Sackville |
| District 16 - Bedford - Wentworth |

MEMBERS OF THE HALIFAX REGIONAL SCHOOL BOARD

- ✓ One (1) member for each of eight (8) Electoral Districts
- ✓ African Nova Scotia Member (elected at large)

| Halifax Regional School Board Electoral District | Halifax Regional Municipality Polling Districts |
|--|---|
| District 1 | Combine HRM Districts 1 & 2 |
| District 2 | Combine HRM Districts 3 & 4 |
| District 3 | Combine HRM Districts 5 & 6 |
| District 4 | Combine HRM Districts 7 & 9 |
| District 5 | Combine HRM Districts 8 & 10 |
| District 6 | Combine HRM Districts 11 & 12 |
| District 7 | Combine HRM Districts 13 & 16 |
| District 8 | Combines HRM Districts 14 & 15 |
| African Nova Scotian Member of the HRSB | Elected "at large" from eligible voters in HRM |

HRM MEMBERS OF THE CONSEIL SCOLAIRE ACADIEN PROVINCIAL (CSAP)

- ✓ Electoral District of Halifax is comprised of the Halifax Regional Municipality
- ✓ Three (3) members to be elected "at large" from eligible voters in HRM

Nomination packages can be picked up from the Returning Officer at 1841 Argyle St. (City Hall) Halifax, N.S. between the hours of 8:30 a.m. to 4:30 p.m. Monday to Friday until nomination day.

Packages and all associated forms can also be found online at www.halifax.ca/election/Candidate.html

Nominations will be received by the HRM Returning Officer at 1841 Argyle St. (City Hall), Halifax, N.S. on **TUESDAY, SEPTEMBER 11, 2012 from 9:00 a.m. to 5:00 p.m.**

Nominations will also be received by appointment during the week immediately preceding Nomination Day (Tuesday, September 4th to Monday, September 10th, 2012). For information call the Returning Officer at **490-4210**.

Dated at Halifax this 16th day of August 2012
Cathy J. Mellett
HRM Returning Officer



Cape Breton

Mayor not seeking re-election

In a move that likely took many by surprise, Cape Breton Regional Municipality Mayor John Morgan has announced he won't re-offer in October's municipal elections.

It was widely presumed Morgan, who has previously enjoyed large majorities, would seek re-election.

"I know there were some people that were sort of assuming that I was going to run," Morgan said. "It's a job that I've loved for the last 12 years so it's a difficult, painful decision at the end of the day."

CAPE BRETON POST

Cape Breton. Pre-demo survey of stranded ship expected Monday

After more than a month of delay, work could start this week on dismantling a ship that's been stranded off Cape Breton for almost a year.

Chris Conohan, the lawyer for the company in charge of dismantling the MV Miner, said he's been told a pre-demolition site survey will happen Monday. Conohan said the New York-based Bennington Group needs the survey for insurance purposes, but getting both the provincial and federal governments to sign off on pre-existing environmental conditions has been a challenge.

Delays

Removal of the 230-metre bulk carrier was expected to start last week after more than a month of delays, but so far, there's been no progress.

"The difficulty is that there is no one authority to deal with," Conohan said in a recent interview from Sydney.

The vessel ran aground on Scaterie Island in 2011, while being towed to a scrapyard in Turkey. **THE CANADIAN PRESS**

Another gruesome discovery: More possible remains found

Toronto. On Sunday, a bag containing 'fleshy' material was found, the second such find in the creek over the weekend

A coroner has been called in to examine a bag containing "suspicious" fleshy material discovered Sunday in the same Toronto creek where possible human remains were found by

a homeless man on Saturday.

The discovery was made as Peel police continue to search a park in Mississauga, Ont., where body parts were discovered late last week.

A grey plastic bag containing what appeared to be remains of some kind, was found late Sunday morning in the West Highland Creek, near a golf course by a Torstar News Service journalist who was photographing search teams in the area. Police were immediately notified.

The new find was about 100

metres south of the first find. Police immediately expanded the cordon and brought in dog teams.

"It's certainly suspicious. That's why we've sealed off the area and turned it over to forensics," said Sgt. Doug Minor.

Toronto Police spokeswoman Wendy Dummond said police are waiting for the coroner to give them an indication of what the bag contains.

"I know a bag has been found with what appears to be remains but we haven't had any

Coroner investigating

Toronto police received a call at 1 p.m. Saturday with reports of a suspected body part in West Highland Creek. On Sunday a bag containing possible remains was found nearby.

indication if they are human or not," Drummond said. A mobile command post is set up at the scene and the search continues.

TORSTAR NEWS SERVICE



Police investigate the area of West Highland Creek in Toronto on Saturday after possible human remains were found.

RICK MADONIK/TORSTAR NEWS SERVICE



Remembering those who died at Dieppe, 70 years on

Dieppe veterans, from left, Fred Engelbrecht, 92, Arthur Rossel, 92, Roy Wozniak, 93, Russ Burrows, 93, and David Lloyd Hart, 95, are seen during the commemorations Sunday to honour Allied soldiers killed 70 years ago in a failed Second World War invasion in Dieppe, northern France. Some 1,400 soldiers were killed in "Operation Jubilee" when the Allies tried to briefly invade Dieppe to test German defences. MICHEL SPINGLER/THE ASSOCIATED PRESS

Missouri. Republican Senate candidate questions whether pregnancy can result from sexual assault

Todd Akin, Missouri's Republican Senate candidate, has questioned whether women can become pregnant when they're raped.

Akin said in an interview with St. Louis television station KTVI released Sunday that pregnancy from rape is "really rare." A video of the interview is posted on the station's website.

Akin has said he opposes most abortions, and said in the interview that if a woman is raped, her body "has ways to shut that whole thing down."

Akin has served six terms and has said he's Missouri's most conservative congressman. He's running against Democratic Sen. Claire McCaskill.

McCaskill's campaign said Sunday that "Akin's record is riddled with policies and votes that hurt women."

Akin said Sunday the punishment for rape should be focused on the rapist and not "attacking the child."

Akin was interviewed on KTVI's The Jaco Report, and also talked about numerous campaign issues such as voter ID laws, the economy and Medicare.

The interview was conducted earlier in the week.

Akin spokesman Steve Taylor declined to comment Sunday, saying he had not yet seen the interview. McCaskill, who is seeking a second term, said she found the comments "offensive."

THE ASSOCIATED PRESS

Aleppo, Syria. Battle with anti-Assad rebels slows for Muslim holiday

A brief lull in fighting for a Muslim holiday Sunday allowed residents of Aleppo to take stock of their losses after three weeks of intense battles left many in Syria's largest city strapped for cash, separated from loved ones and scared of more violence ahead.

In the capital Damascus, President Bashar Assad prayed at a mosque in his first appearance in public since a bomb attack killed four of his top security advisers on July 18.

Thousands across the country marched against

Assad in mosques and cemeteries after special dawn prayers marking the start of the three-day Eid al-Fitr holiday, which caps the holy month of Ramadan. The holiday — usually a joyful time to remember the dead, dress up in new clothes and visit family — followed a particularly bloody Ramadan when fighting erupted in Syria's two largest cities, bringing large civilian populations under fire and causing a spike in the death toll.

The government has still not managed to defeat the rebels. THE ASSOCIATED PRESS

Middle East

Jordanian child wounded by Syrian rockets

Jordan's information minister says four Syrian rockets have fallen on a northern Jordanian border town, wounding a four-year-old girl.

The Jordanian girl was treated for shrapnel wounds and then released from hospital.

THE ASSOCIATED PRESS

Mars mission

Curiosity lasers a rock on Mars

NASA's Curiosity rover has zapped its first Martian rock, aiming its laser for the sake of science.

During the target practice on Sunday, Curiosity fired 30 pulses at a nearby rock over a 10-second window, burning a small hole. Since landing in the Gale Crater, the rover has been checking instruments. THE ASSOCIATED PRESS

Alleged militants

U.S. drones kill 10 in Pakistan

American drones fired a flurry of missiles in a Pakistani tribal area Sunday, killing a total of 10 suspected militants, officials said.

In the strike, missiles hit two vehicles near the Afghan border, killing seven. Later, missiles destroyed a home, killing three people.

THE ASSOCIATED PRESS

Russia

Suicide bomber kills seven

A suicide bomber blew himself up as cops in southern Russia gathered Sunday for the funeral of a slain colleague. The blast killed at least seven police and badly wounding 12 others.

The funeral was for an officer who had been shot dead by militants in Ingushetia.

THE ASSOCIATED PRESS

London. Assange makes first public appearance since seeking refuge

WikiLeaks founder Julian Assange urged U.S. President Barack Obama to end a so-called "witch hunt" against his secret-spilling website, appearing in public Sunday for the first time since he took refuge two months ago inside Ecuador's Embassy in London to avoid extradition to Sweden on sex-crimes allegations.

The 41-year-old Australian, who has fought for two years against efforts to send him to Sweden for questioning over alleged sexual misconduct against two women, addressed several hundred supporters and reporters as he spoke from the small balcony of Ecuador's mission, watched by dozens of British police.

Ecuador's President Rafael Correa on Thursday granted Assange asylum and he remains out of reach of British authorities while he is inside the country's embassy. Britain insists that if he steps outside, he will be detained and sent to Sweden, as by law it must meet the obligations of a European arrest warrant.

Praising Correa, Assange said "a courageous Latin Amer-



WikiLeaks founder Julian Assange appears at a window of the Ecuadorian embassy in central London on Sunday. SANG TAN/THE ASSOCIATED PRESS

ican nation took a stand for justice" in offering him sanctuary, but did not refer to the Swedish allegations against him. Instead, he attempted to shift attention to what he claims are preparations in the U.S. to punish him for the publication by WikiLeaks of a trove of American diplomatic and military secrets.

Assange and his supporters claim the Swedish case is merely the opening gambit in a Washington-orchestrated plot to make him stand trial in the U.S. — something disputed by both Swedish authorities and the women involved.

THE ASSOCIATED PRESS

One man's battle to breastfeed

Outdated attitudes?

Transgender dad was turned down as a group leader for a breastfeeding advocacy group

Trevor MacDonald, a slim man with short, dark-brown hair and a radiant smile sandwiched between a wispy moustache and goatee, sits bare-chested in a leafy Toronto garden, his infant son sucking gently on his tiny left breast.

In the photo, shot on a recent visit to the city, the Winnipeg resident blissfully cradles the boy, contentment visible in his features. This is a proud papa breastfeeding his 16-month-old child, just as he has done many times before.

MacDonald, a 27-year-old stay-at-home parent, loves fatherhood and, as a transgender man, identifies as a dad. And he loves breastfeeding, owing his confidence and comfort nursing to his La Leche League Canada (LLL) motherhood support group in Winnipeg.

In early June MacDonald wrote a letter to LLLC — an affiliate of the influential international mother-to-mother

Quoted

"This has made us all stop and think. This is the first time in 55 years (of LLLC history) this question has come up."

Fiona Audy, chair of the board of directors, La Leche League Canada, regarding MacDonald's request to be a breastfeeding advocate group leader

breastfeeding advocacy group — asking what it would take to become a group leader. He wanted to coach LGBT members and those who struggle, like he did, to breastfeed after chest-reduction surgery.

LLC rejected the request seven weeks later, citing an 18-year-old policy: "Since an LLLC leader is a mother who breastfed a baby, a man cannot become an LLLC leader," the organization wrote in its reply, which is posted on MacDonald's blog, Milk Junkies.

"You told me that you do not identify as a mother," LLLC continued. "You are your baby's father. According to LLL philosophy the roles of mothers and fathers are not interchangeable. I think that this would make it difficult for you to represent LLL philosophy."

Not interchangeable. Those words resonate strangely to



Trevor MacDonald, a 27-year-old stay-at-home parent from Winnipeg, loves fatherhood and, as a transgender man, identifies as a dad. And he loves breastfeeding, owing his confidence and comfort nursing to his La Leche League Canada motherhood support group in Winnipeg. CONTRIBUTED

a transgender man. For MacDonald, who said he was "disappointed" by LLLC's refusal, the terms motherhood and fatherhood are, at best, quaint. "First and foremost I identify as a parent," MacDonald said.

"I suppose I use the term (fatherhood) because it's what we have going in our society,

not because I think it's fantastic or I think it's really accurate."

MacDonald uses a supplemental nursing system: A bottle with a long tube filled with milk purchased online from donors. He credits LLLC with helping Jacob suck simultaneously from his father's breast and the tube. **TORSTAR NEWS SERVICE**

Pups come out to play at Ottawa fetish contest

Contestants barked, howled and gave inspiring speeches at Ottawa's first-ever National Capital Leather Pride Weekend Pup Contest, held at a local pub.

The contest was similar to the Miss America Pageant — but for people who like to become puppies, dressed up in fetish gear. Contestants were judged in the jock/thong, speech and formal categories.

"Pup play" is an international phenomenon, but has only been organized in the city for the past year, said Mr. Leather Ottawa 2010 Mike Tattersall, who emceed the competition but isn't a pup himself.

"It's a human expression of freedom and self-expression," said Tattersall. "Imagine a room full of Labrador retriever



Puppies Johnny, Scout and Rolph compete in the first-ever National Capital Leather Pride Weekend Pup Contest. JESSICA SMITH/METRO IN OTTAWA

puppies and the chaos those puppies would do to themselves as they play." Pups will generally wear leather, rubber or other fetish gear. Some have handlers, others are "strays."

Tattersall organized the competition, which he believes

is the first in Ontario and perhaps the first in Canada.

The winner, Scout, wore hockey pads, blue underwear and a leather dog mask in the formal-wear section of the competition.

JESSICA SMITH/METRO IN OTTAWA

China. Ousted politician's wife gets suspended death sentence after confession

The wife of a disgraced Chinese politician was given a suspended death sentence Monday after confessing to killing a British businessman by poisoning him with cyanide in a case that rocked the country's top political leadership.

A suspended sentence is usually commuted to life in prison after several years.

Sentenced along with Gu Kailai was a family aide who was given nine years' imprisonment for his involvement in the murder of Neil Heywood, a former family associate, said He Zhengsheng, a lawyer for the Heywood family who attended the sentencing in this eastern China city.

The sentencing closes one chapter of China's biggest political crisis in two decades, but also leaves open questions over the fate of Gu's husband, Bo Xilai, who was dismissed in March as the powerful Communist Party boss of the major city of Chongqing.

His dismissal and his wife's murder trial come at a sensitive time in China with party leaders handing over power soon to a younger generation. At one time Bo was considered a candidate for a top position.

The lawyer said he had to discuss the verdict with the Heywood family and did not know if they would lodge an



Gu Kailai, the wife of disgraced politician Bo Xilai, stands during her trial on Aug. 9. CCTV VIA APTN/ THE ASSOCIATED PRESS FILE

appeal. "We respect the court's ruling today. Thank you all for your concern," He said.

State media say Gu confessed to intentional homicide at a one-day trial held here Aug. 9 under heavy guard. The media reports — the court has been closed to international media — say she and Heywood had a dispute over money and Heywood allegedly threatened her son.

The family aide, Zhang Xiaojun, also confessed after being charged as an accessory. He had been expected to get a lighter sentence as state media reported from the trial that Gu planned the murder.

Gu was accused of luring the victim to a Chongqing hotel, getting him drunk and then pouring cyanide into his mouth. **THE ASSOCIATED PRESS**

Plea for aid

Drought-stricken U.S. farmers face tough choices

It's hard to tell what frustrates Todd Eggerling more — the weather or Congress. Searing temperatures and drought scorched Eggerling's land in southeast Nebraska, leaving little grass to feed his 100 cattle. Then Congress left for a five-week break without agreeing on aid to help ranchers through one of the worst droughts in the nation's history.

That means it will be September before Eggerling and other ranchers can even hope for disaster aid legislation that includes cash to buy feed until they would normally send their cattle to feedlots or slaughter in the fall or winter.

For some, it's already too late. Out of grass and out of cash, they've sold their animals.

For others, time is rapidly running out as they try to hold on. Their decisions will affect the price and supply of meat for months, perhaps years, to come.

"I'd like to see every one of the senators and congressmen go out into one of these widespread, drought-stricken areas and spend a day," said Eggerling.

THE ASSOCIATED PRESS

Russia

Anti-gay activists sue Madonna over concert content

Some Russian activists have sued Madonna for millions of dollars, claiming they were offended by her support for gay rights during a recent concert in St. Petersburg.

Anti-gay sentiment is strong in Russia. In St. Petersburg, a law passed in February makes it illegal to promote homosexuality to minors, and the author of that law has pointed to the presence of children as young as 12 at Madonna's concert on Aug. 9.

Russian news agencies quote Alexander Pochuyev, a lawyer representing the nine activists, as saying the

suit was filed Friday against Madonna, the organizer of her concert, and the hall where it was held, asking for damages totaling 333 million rubles, or about \$10.2 million US.

THE ASSOCIATED PRESS



Madonna GETTY IMAGES

Border guards

Use-of-force incidents decline

Fewer border guards drew their guns, batons and pepper spray last year in an abrupt reversal of a previous trend toward greater use of force at Canadian border points.

There were 147 incidents in 2011-2012, a significant drop from 184 in the previous year — the first significant decline in so-called use-of-force incidents since the guards were armed with handguns. **THE CANADIAN PRESS**

Belgian child rapist

Ex-wife in line for early release

About 2,000 demonstrators in Belgium on Sunday protested the possible early release from prison of the ex-wife of a pedophile, who was an accomplice in his abuse and murder of young girls. Michelle Martin, former wife of child rapist Marc Dutroux, could move to a convent after her conditional release. **THE ASSOCIATED PRESS**

Eid prayers delegation

Helicopter crash kills 32 in Sudan

A Sudanese helicopter carrying a government delegation to the volatile South Kordofan state to attend prayers on the first day of the Muslim holiday of Eid al-Fitr crashed in a mountainous region on Sunday, killing all 32 people on board including a Cabinet minister. **THE ASSOCIATED PRESS**

Spain wildfires

Canary island fire smoulders on

A fire that was started in the Canary Islands by arsonists two weeks ago hasn't been completely extinguished and is smouldering in forest undergrowth during a heat wave, Spanish officials said Sunday. The blaze has charred 12 per cent of La Gomera island. **THE ASSOCIATED PRESS**

Israel youth attack

5 teens arrested

Israeli police have arrested five Israeli teenagers suspected of seriously injuring an Arab youth in a scuffle in downtown Jerusalem, in what local media are calling a hate attack, police said Sunday. **THE ASSOCIATED PRESS**

Swimmer endures jellyfish stings in Cuba-U.S. record bid

Third time lucky?

Nyad, 62, is making her third attempt since last summer at a cageless crossing

Endurance athlete Diana Nyad forged ahead through the Straits of Florida with renewed vigour Sunday in pursuit of a record 166-kilometre unassisted open-water swim without a shark cage.

The 62-year-old Los Angeles woman was said to be comfortable, confident and steady at around 50 strokes per minute after a harrowing night of painful jellyfish encounters — despite a new-and-improved bodysuit she hoped would offer better protection.

Nyad was stung four times during the night on the neck, lips, hand and forehead, according to members of her 50-member crew who updated fans through social media.

At 18 hours into the swim, she had travelled 35 kilometres from Havana. Previously choppy seas were calmer, and her team reported only a light wind.

Nyad had planned to don the bodysuit, which covers her from head to toe except for holes for the eyes, nose



Diana Nyad takes a break after reportedly being stung by a jellyfish Saturday off Havana, Cuba. Nyad, who turns 63 on Wednesday, is trying to be the first swimmer to cross the Florida Straits without a shark cage.

DIANA NYAD VIA THE FLORIDA KEYS NEWS BUREAU, CHRISTI BARLI/THE ASSOCIATED PRESS

and mouth, at night, when jellyfish tend to rise to the surface. But it apparently did not work as well as anticipated.

At least two of the stings were from the dangerous box jellyfish, which forced her to cut short her second of two attempts last year as toxins built up in her system.

At one point, with jellyfish particles everywhere in the water, Nyad changed to backstrokes to keep her face out of harm's way.

By day, the jellies receded, and she was able to resume freestyle swimming.

Nyad, who turns 63 Wednesday, tried a cageless crossing last summer. She also

made a failed try with a cage in 1978.

Australian Susie Maroney successfully swam the Straits in 1997, but she used a cage. In June this year another Australian, Penny Palfrey, made it 127 kilometres toward Florida without a cage before strong currents forced her to abandon the attempt.

Jellyfish menace

"There are so many jellyfish ... Diana is swimming backstroke right now leading with the cap-covered part of her head to minimize contact."

Tweet from a member of Diana Nyad's crew updating fans on her progress

A kayak-borne apparatus shadowing Nyad helps keep sharks at bay by generating a faint electric field that is not noticeable to humans.

The team expects Nyad will take at least 60 hours to complete the swim, meaning she would arrive in the Florida Keys sometime Tuesday.

To help with the monotony and sensory deprivation inevitable in marathon swimming, Nyad relies on a mental playlist of about 65 songs mostly "from my generation." They include classics from Bob Dylan, the Beatles and Neil Young, plus Janis Joplin's chart-topping version of Me and Bobby McGee.

"If I sing that 2,000 times in a row, the whole song, I will get through five hours and 15 minutes," Nyad said in a video posted on her website. **THE ASSOCIATED PRESS**

Salvation Army. Popular Canadian doctor ordered to get out of Zimbabwe

Officials of the Salvation Army in Zimbabwe said Sunday they have given a Canadian doctor 48 hours to leave the southern African nation after he was fired from a mission hospital.

Dr. Paul Thistle's departure was moved forward from Sept. 1 after villagers incited violence at the medical facility on Thursday to demand his reinstatement, said Vinece Chigariro, head of the church group in Zimbabwe. Thistle was the chief medical officer at the Howard hospital about 80 kilometres north-east of Harare. After 16 years at the mission, Thistle had clashed with church leaders over fundraising for the hospital and some private donor funding and project materials for the mission that went unaccounted for. He said the order to leave was "not a legal decision" by Zimbabwean immigration or police.

Twelve people were arrested after Thursday's unrest and eight nurses were held

Roots

Dr. Paul Thistle was born in Scarborough in Toronto and qualified as a doctor at the University of Toronto.

- He is a fluent speaker of the local Shona language and is married to a Zimbabwean nurse.
- His work at the hospital and his programs to treat AIDS sufferers in the impoverished Chiweshe district have won accolades from medical professionals in Zimbabwe and worldwide.

for questioning on allegations of incitement to violence.

The well-loved physician was carried shoulder high by villagers during a week of dispute over his future. Community elders said they wanted him to stay. **THE ASSOCIATED PRESS**



If you can't take the heat ...

A boy takes a bath in a fountain in central Berlin Sunday as large parts of Europe sweltered in the unusually hot weather. In some parts of Germany, temperatures rose to more than 38 C. Paris had highs of almost 39 C and Florence 38 C. GERO BREIDLER/THE ASSOCIATED PRESS

South Africa. Miners given ultimatum

South Africa miners must return to work Monday or face being fired from the platinum mine where rivalry between unions exploded into violence that led to the deaths of 44 people in a week, Lonmin PLC said Sunday.

President Jacob Zuma declared a week of national mourning starting Monday to commemorate the lives of all South Africans who have died violently, especially the 44 at Marikana mine.

Hundreds of rock-drill operators have been leading an illegal strike. Threats of violence kept many more away. Lonmin had initially ordered miners to return to work by Friday, then, after the police shootings that killed 34 miners, changed the deadline to Monday, spokeswoman Sue Vey explained.

Strikers said they were not sure what to do about the ultimatum. The company has not responded to their demands for the minimum wage to be increased. **THE ASSOCIATED PRESS**



Two girls sit on a lakeside dock near the collapsed Algo Centre Mall, in Elliot Lake, Ont., on Tuesday. The town is more than two hours from the nearest city, making it difficult for many residents to get to stores. COLIN PERKEL/THE CANADIAN PRESS

Elliot Lake braces for winter without mall

Big loss. For the small Ontario town, the Algo Centre Mall was far more than just a shopping centre

The days are still long and warm but winter is on the minds of many residents of Elliot Lake, a community nestled among the rugged beauty of rocks, forests and lakes of northern Ontario — known now across Canada as the town whose mall collapsed.

Now the remains of the Algo Centre Mall stand as mute evidence of the June disaster that has robbed the town of its main gathering place.

The town of about 13,500

people is still trying to come to grips with the loss of a building that was so much more than just another shopping centre.

The mall provided warmth in winter, cooling in summer. A spot to socialize, have a coffee, get some exercise, and shop, all in one place. Sixty per cent of the town's retail space was in the mall — 18 stores, nine government offices, and the library. All gone.

Many residents are on fixed income, unable to drive or bear the cost of getting to other communities to shop. Sudbury, the nearest city, is more than two hours away.

Winter is already being felt as parents prepare to send children back to school. But with the disappearance

Quoted

"You can't buy underwear in Elliot Lake today."

A resident of Elliot Lake, on life after the collapse of the Algo Centre Mall

of retailers like Zellers and Dollarama, there's no longer a handy place to buy necessary gear like warm hats and mittens.

Capt. Pamela Stanger, with the Salvation Army, said she's already seen an increase in need for both the drop-in centre and thrift store the organization runs.

"They need a place where they can afford to go to hang out," she said.

THE CANADIAN PRESS

Northern Gateway

Info lacking in pipeline research

Documents filed with the National Energy Board show the environmental review panel studying the Northern Gateway pipeline asked Fisheries and Oceans Canada for risk assessments for the bodies of water the proposed pipeline will cross.

The department didn't have them.

"As DFO has not conducted a complete review of all proposed crossings, we are unable to submit a comprehensive list as requested; however, this work will continue and, should the project be approved, our review will continue into the regulatory permitting phase," DFO wrote in a letter dated June 6.

THE CANADIAN PRESS

Labour. Zellers workers feel shortchanged in Target takeover deal

Angela Rankin knows exactly how much Target paid Zellers for the leases to 220 stores across Canada.

It wasn't a billion. It was \$1.8 billion — \$1.825 billion, to be more precise.

Rankin was let go on July 28 from a Zellers in Toronto after 13 years, with nothing more than the legally mandated severance pay her employers were required to give.

"I don't know what they're thinking. I don't know where their mind is. It's greediness," says Rankin, 50, a mother of one who helps support cousins in Jamaica.

Rankin will speak at a demonstration led by the United Food and Commercial Work-

ers Union on Wednesday in front of Target's Canadian headquarters in Mississauga, Ont.

The chain will open its first stores in Canada in 2013.

TORSTAR NEWS SERVICE

MoneyProvider.com

\$500 Loan

and more

No credit refused

Fast, easy and secure

1-877-776-1660

www.moneyprovider.com

comwave®
Long Distance

Call your family overseas... *on us!*



\$25 FREE

- No Contracts
- No Commitments
- Satisfaction Guaranteed!

No questions asked... Just FREE long distance!

(Limited time offer - available to new customers only)

Comwave will beat all competitors long distance rates... **GUARANTEED!**



Cuba
89.9¢/min



Croatia
2.9¢/min



Bangladesh
3.9¢/min



Dominican Republic
3.9¢/min



Mexico
1.9¢/min



Pakistan
3.9¢/min



Ukraine
8.9¢/min



Israel
1.9¢/min



Vietnam
3.9¢/min



Iran
4.9¢/min



Philippines
10.9¢/min



Kazakhstan
4.9¢/min

1-866-519-8090

www.comwave.net



While Comwave reserves the right to correct any error in pricing or information at any time, LONG DISTANCE Lifetime Rate Guarantee is based on competitor lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. \$25 free promotion is applied \$5 per month for 5 months. No minimum usage required. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply. See www.comwave.ca for details.



ELIMINATING RIDINGS ABOUT POLITICS FOR NDP, NOT DEMOCRACY



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

You could be forgiven for assuming Nova Scotia Justice Minister Ross Landry actually believes in the democratic process. "It's very important that we look at our demographic structure in Nova Scotia ... and how we get fairness and equity into the system," he told reporters last week as his government-appointed, government-instructed, "independent" electoral boundaries commission wrapped up public hearings on his government-ordered, revised second edition of its rejected initial interim report.

In order to ensure this fairness and equity, Landry added, the commission needed "to go out and hear Nova Scotians and formulate new boundaries."

Politics as usual

"(The government) wanted — ordered — the "independent" commission to eliminate the protected ridings. And then provide government democratic process cover for its predetermined political outcome.

ignored.

The government has botched this process from the beginning. There was nothing wrong with raising questions about the legitimacy — and effectiveness — of the so-called protected ridings, which had been created in such a way as to make it more likely they would elect MLAs from otherwise under-represented black and Acadian communities.

The problem was the numbers of electors in those ridings are so small they were out of whack with the size of all the other ridings in the province.

The legally mandated 10-year review of electoral boundaries offered an opportunity to explore how to balance the desire that everyone's vote be weighted equally with the need to ensure minority interests were also adequately represented.

But that wasn't what the government wanted. It wanted — ordered — the "independent" commission to eliminate the protected ridings. And then provide government democratic process cover for its predetermined political outcome.

Given the to-be-eliminated ridings are represented by Liberal and Tory MLAs, and the to-be-created ridings are in NDP-dominated metro, it's hard not to smell politics as usual at work.

Democracy is not alive and well in this case.

The commissioners did just that. Last week in Yarmouth, they listened as more than 2,500 people crowded into a hockey rink in the middle of the doggiest dog days of summer to tell them — and through them, the government — how much they objected to the commission's proposal to split their town into two different ridings, eliminating one of three area ridings entirely.

Landry's response? A platitude about "democracy being alive and well."

And almost certain to be

Seeds? Check. Grass? Check



GETTY IMAGES

Checkerboard? Check

The manicure

Aristocrat's lawn gets a makeover

Artist Caroline Wright and 100 volunteers created this checkerboard design in the garden of English heritage mansion Ham House.

It was done with only hairdressing scissors to recreate the careful conditioning of the 17th century, when the house employed several lawn artists. It is part of the Garden of Reason season, promoting outdoor art.

METRO

Artist's view



"It was hard work — we used two boxes of plasters.

But because of the team spirit it went to plan."

Caroline Wright, British artist and project leader. Wright specializes in "performance archaeology," using historic or unique sites and adding a touch of the surreal or fantastic.

Great landscape art

• **Conwy Valley.** The world's largest hedge maze in North Wales, covering two acres with intricate designs and the world's rarest tree.

• **Zhuo Zheng Yuan.** From the Ming Dynasty, this World Heritage site is among the finest gardens in China, featuring islands and Myrtle trees.

• **Missouri Botanical Garden.** Stunning plant combinations and flower beds in this site.



17th-century Ham House is the inspiration for a summer-long art exhibit. GETTY IMAGES

Curiosity rover landing

What time is it, NASA engineer? Mars o'clock

One California family of five is learning what it's like to live on "Mars time" this summer.

NASA flight engineer David Oh had to switch to Martian time after the rover Curiosity landed on Mars earlier this month. His wife and three children decided to tag along to see what it is like.

A day on Mars is about 40 minutes longer than an Earth day, so they've been waking up, sleeping and eating at odd hours. One day last week breakfast was at 3 p.m.

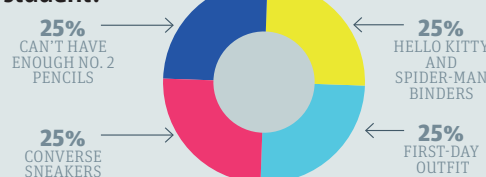
Every mission to Mars, hundreds of NASA scientists and engineers at the Jet Propulsion Laboratory make the time change for three months. But it's unusual for an entire family to join in. The kids will be on Mars time for about a month.

THE ASSOCIATED PRESS



Register at metropolitanpanel.ca and take the quick poll

What back-to-school item would you buy regardless of whether or not you are a student?



Twitter

@Mackinnong: Thank you everybody! It was an indescribable feeling winning a gold medal for your country. #CANADA

@lyteel: At the apple store in Halifax, never seen so many hipsters in one place before

@windbecamecrazy: I don't think @KeithUrban will ever be the same after his next 3 shows in #Halifax and #StJohns

#Canada... what a time that'll be!

@amhartnett: Victoria's Secret = whole lotta hype. Same damn thing at La Senza. #halifax

@matlantivex: Congrats 2 the organizers of the Navy 10k today in Halifax! Great 2 see Minister of Defense Peter MacKay finish in 54:12. #nspoli #hrmpoli



Premium Rush opens on Friday. HANDOUT

Stars get genuine Rush out of making bike film

Dangerous shoots. Joseph Gordon-Levitt and Dania Ramirez talk about the perils of playing bicycle messengers in NYC

NED
EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt and Dania Ramirez got a hell of a workout and a detailed tour of New York City making Premium Rush, in which they play fast-moving bike messengers. Metro sat down with the stars

to talk about filming in the city and how dangerous even pretending to be a bike messenger can be — and to nitpick some geographical inconsistencies in the film.

Joe, you actually went through a cab's windshield while filming. Were there any other particularly close calls or dangerous moments for either of you?

Dania Ramirez: There was one time where I had to do a take where I had to jump the curb to get back on the sidewalk, and this UPS truck just decided to come pull out of nowhere right in front of me, and I had to turn my bike and skid and the whole nine. Every single day we

filmed the movie, it was always in the back of my mind. "I hope I don't fall today." Because I fell so many times (laughs).

It can be tricky making a movie in New York, worrying about continuity issues when you turn corners.

Joseph Gordon-Levitt: Actually, the movie's really good about that. It's pretty accurate... I'm trying to think if there were any.

Well, the 1 Train doesn't actually go above ground south of Columbia University.

JGL: And he would be going south. That's right, that's right. We did. You're totally right. We shot that chase scene up

in, like, the high 130s. But it looked awesome. I guess I wasn't worried about that. I just got done shooting a movie where Gotham City is made up of L.A., Pittsburgh, New York and parts of outside London. So to me if it's seamless in the movie, it doesn't bother me.

How was the experience of shooting on campus at Columbia, your alma mater?

JGL: It was a trip, man, because we shot in 2010, which is basically exactly 10 years after I arrived as a freshman and was living in (the dorm) John Jay, so yeah. It's just a bizarre thing to make it back 10 years later. It was the first time I had shot on campus.

In what parts of the city were you particularly excited to film?

DR: I was looking forward to riding around Chinatown. I just think on film it's so interesting to watch that part of the city.

JGL: I liked shooting uptown, actually, even if it might be a little inconsistent (laughs). Because just that part of town is maybe a little lesser known, and it is so pretty — maybe not pretty in the sense of peaceful or whatever, but it's a really visually striking part of town with the train up there. And it's a part of town that I spent a fair amount of time in because I went to school up there.

2 SCENE

On the web



Nicki Minaj cancels performances at U.K.'s V Festival due to damaged vocal cords

GO BACK TO SCHOOL WORRY-FREE!

Samsung Galaxy Tab 2
• Android™ 4.0, Ice Cream Sandwich
• 16GB, Wi-Fi, 10.1" Display
• 1.0GHz, Dual-Core Processor
B9111B22

\$556⁵⁹

OR OWN IT AS LITTLE AS 3 MONTHS

YOUR CHOICE!
\$16⁹⁹ per week*

NUMBER OF PAYMENTS: 12

ASUS 15.6" Laptop with Targus Laptop Bag
• AMD C100 processor
• 2GB, 320GB
• Windows® 7 Home Premium
E100011

\$596³⁵

OR OWN IT AS LITTLE AS 3 MONTHS

RAC
RENT-A-CENTRE
APPLIANCES • ELECTRONICS • COMPUTERS

Halifax
209 Chain Lake Dr.
(902) 450-5736

Dartmouth
650 Portland St.
(902) 462-3077

*Offer good while supplies last and cannot be combined with any other promotion. Advertised rental rates and terms are for new merchandise. Prices are not valid outside Canada. Advertised sales begin 8/20/12 and end 8/25/12. Product availability may vary by store. Free rent offers will not reduce total rent or purchase-option amounts. You will not own the merchandise until the total amount necessary to acquire ownership is paid in full or you exercise your early purchase option. See Store Manager for complete details. **To restart an agreement on a returned product, Rent-A-Centre will retain your payment records for two years. Therefore, simply bring in your last payment receipt for reinstatement. Delivery and set-up are included and RAC services and maintains the merchandise while on rent. Set-up does not include connection of gas appliances. Trademarks, registered trademarks and/or service marks, indicated or otherwise, are the properties of their respective owners. CAN-1200-ML-1208, HALIFX

Worry-Free Approval

Just a few simple steps, and you're approved with no credit check.

Worry-Free Pricing

Choose a payment plan with no long-term contract. If needed, return your item and owe nothing more — then restart whenever you want.*

Worry-Free Delivery, Set-up and Service™

We take care of it at no extra charge!



Robert Downey Jr.

Production on hold after Iron Man injury

Production on Iron Man 3 has halted after the franchise's star, Robert Downey Jr., was injured on set, Marvel Studios confirms in a statement.

"Robert Downey Jr. sustained an ankle injury on the set of Iron Man 3 in

Wilmington, N.C., while performing a stunt," the statement reads.

"There will be a short delay in the production schedule while he recuperates. There's no word on how much the delay will cost the production.

Twitter



@ElizabethBanks

Had my first in-depth Honey Boo Boo conversation tonight at dinner. Feeling very pop culture-y/time waste-y.



@SamuelLJackson

Interview tips: enunciate, conjugate & less "you know", ya know? Cause We don't! Thanks.



@twiddleston

To those whom I met, with whom I worked, and by whom I was given a life-time's supply of chocolate in Köln this summer: thank you & so long.



@sethmeyers21

"Based on a True Story" on a movie poster basically just means "has people in it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rick Ross for prez? Why not

The election cycle tends to bring out the usual celebrities touting their causes and endorsements, from Brad Pitt and Angelina Jolie (the legalization of gay marriage) to Kid Rock (something indiscernible about freedom and 'merica).

We're not sure what it says about us, you or shining seas, but Rick Ross' rundown of the heavy-hitter issues in Rolling Stone is about as well-reasoned and coherent as you'll hear in any debate:

On the medicinal properties of marijuana

"I call it green caviar. It's

like a short vacation — it helps me chill out. And people really love it when I chill out, because I can really be a d—head."

On gun control

"I think we all have a right to bear arms, whichever amendment that is."

On the place of religion in schools

"They wanted me to learn the Ten Commandments. I told them I didn't really have time for that right now."

On gay marriage and free speech

"Chick-fil-A obviously took their stand. That's their right — the same way the pro-gay people are taking their stand. I believe everybody got the right to live their own life the way they want to."



Jonas Brothers

Brothers reuniting for another album

After three years of pursuing solo projects, the Jonas Brothers are getting back together — for one night at least. The three brothers will be hitting New York's Radio City Music Hall on October 11 in the midst of work on

their first album in nearly four years, according to Us Weekly. "We know it's time to come back and do another album," eldest brother Kevin Jonas says. "It's time. We need to be back on the road together."

Latest hit-and-run a serious one for Bynes

Amanda Bynes' latest alleged hit-and-run might be the one that finally slows her down, as the former Nickelodeon star's case is moving forward to the L.A. city attorney after being reviewed by police, according to Hollyscoop. "After gathering facts for the case, there is substantial evidence that Amanda Bynes committed a hit-and-run," an LAPD spokesman says of the August 4 incident, in which Bynes reportedly rear-ended



Amanda Bynes

another car and fled the scene.



Robert Pattinson

Stay away from her, Pattinson friends say

While it's unclear how Robert Pattinson will proceed with his relationship with Kristen Stewart after her infidelity came to light last month, his friends reportedly think he should dump her, according to Us

Weekly.

Pals of Pattinson — including Sienna Miller and Tom Sturridge — have been "begging Rob to end it for good," a source tells the magazine. "They think she will hurt Rob again."

YOU COULD WIN A PASS FOR TWO TO A SPECIAL ADVANCE SCREENING OF THE POSSESSION!

IN THEATRES AUGUST 31ST 2012

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! [facebook.com/clubmetrohalifax](https://www.facebook.com/clubmetrohalifax)

YOU COULD WIN A BLU-RAY™ COMBO PACK CONSISTING OF:

POCAHONTAS & POCAHONTAS II, THE RESCUERS 25TH ANNIVERSARY EDITION & THE RESCUERS DOWN UNDER AND THE ARISTOCATS SPECIAL EDITION!

AVAILABLE EVERYWHERE AUGUST 21ST 2012

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! [facebook.com/clubmetrohalifax](https://www.facebook.com/clubmetrohalifax)

My daughter, 4, still wants the stroller. Is that odd?

Debate. I don't care if it's considered too old, says our Mommyish writer, who says it's easier for her child

LINDSAY CROSS

mommyish.com

There are a lot of people who don't like strollers. They're big. They get in the way of everything. They are impossible to manoeuvre through a doorway without assistance. They're expensive for no real reason. Man, strollers suck. But I still use one on day trips with my four-year-old.

First, I guess I should backtrack on strollers sucking. It's really not that the strollers themselves are to blame. There are people with strollers who suck. There are actually people everywhere who suck, whether they're pushing around a child in a carriage-like contraption or not.

You just notice that the people with strollers suck more because they're easier to pick out of a crowd. What with their behemoth of a baby-cart and all. But believe it or not, there are other kinds of people out there pushing strollers.

Although plenty of people wonder why I still use a stroller or wagon at all. My daughter is four years old. She can walk just fine. She probably runs faster than I do, no matter how little those legs are. Shouldn't she be able to walk on her own?

I've gotten plenty of looks when I whip out the stroller for a longer zoo trip or a big day of shopping. Amusement parks,



How old is too old for a stroller? ISTOCK IMAGES

fairs and festivals are all appropriate times for me to lug out my stroller, but some question why it's necessary.

The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well.

A four-year-old can obviously walk around on her own. She can even walk around for hours on end when the situation calls for it. We go hiking and she walks miles with no problem. So if she really needed to walk around the zoo all day long, I'm sure she could.

However, when we have

Quoted

"The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well."

Author Lindsay Cross

full-day trips, little kids just don't have the stamina of adults. Especially in the heat, our little girl gets worn out after a while.

I like to think I'm actually saving people from the possibilities of a moody child throwing a tantrum. Tan-

trums don't happen for us when our tuckered-out little one can take a minute in her stroller and take a break.

My daughter gets plenty of movement and exercise on a day-to-day basis. I don't need to test her endurance on a day at an amusement park.

On the Web

You're definitely the cutest and best dressed wedding date Mommy could ask for, but did you have to cry louder than the maid of honour during her toast to the bride? Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Helping teenagers deal with peer pressure

With the teen years comes more independence — but so much freedom can leave room for students to be pressured into doing what they normally wouldn't.

Dr. Philip R. Herschman, chief clinical officer for CRC Health Group, the largest provider of addiction treatment in the U.S., teaches us how you can help your teen avoid those types of situations.

Start before college

"It all starts before that young adult moves into college. (If) that child is raised with a good value system and has learned how to make decisions through a normal maturation-

al process, good parenting will instill a good value system. A good value system will lead to good decision-making."

Plan for the situation

"I have children, and when they move to a college setting I'll talk to them about it prior to them getting in that setting and say, 'These are the kinds of things that you might be faced with. If you are, how would you respond? Let's think about it now and plan for it so that when it happens, it's much easier to deal with.'"

Have them offer alternatives

"(They can) say, 'It's just not something I want to do, but

I'd love to go to a movie with you later' or 'I'm sorry, drinking is not something I want to do. I'm happy to be your designated driver and go out and have fun with you.'"

Teach them to be firm

"That's why practicing ahead of time is helpful. (Tell them) you've got to be clear. You've got to look somebody in the eye and say, 'No.'"

Discourage judgments

"Don't (have your kids) tell them they're bad for drinking. That will end relationships."

Talk about safe dating

"(A) first date shouldn't be,



A good value system will lead to good decision-making. ISTOCK IMAGES

'Let's meet at his house for dinner' but 'Let's go have dinner in a public place.' You have to know somebody before you put yourself in a situation where it's difficult to exit."

Let go

"At some point, you've got to trust your kids to make the right decisions. You can't sit on their shoulders the whole time." **METRO NEW YORK**

3 LIFE

On the Web



Reasons mommy drinks #72: Weddings. Scan this code or visit metronews.ca/voices to find out why the singles table has its perks.

Kick your side salad up a notch with citrusy kale

Ingredients

- 6-8 handfuls of kale (baby kale that is organic and pre-washed if possible)
- 3/4 cup walnuts
- 2 small oranges sliced

Dressing:

- 1/3 cup sesame or extra-virgin olive oil
- 1/2 cup brown rice vinegar
- 4 tbsp orange (naturally) flavoured Omega 3 fish oil (or hemp or flax oil)
- 1/2 cup fresh mint
- Fresh juice from 1 orange
- 2 tbsp orange rind

As summer comes to a close, families, neighbours and friends will be hosting a lot of get-togethers and feeding the masses. You're bound to see the usual spread of hamburgers, chips and soda pop.

But if you'd like to step it up and mix in an original, healthy and tasty dish that offers your guests a megawatt dose of bio-available minerals, the Canadian Health

Orange Infused Walnut Kale Salad



This recipe makes four servings. NEWS CANADA

Food Association has the recipe to do just that. You can find the ingredients at any natural health retailer, or visit chfa.ca.

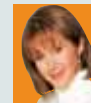
1. Place all dressing ingredients into a food processor and blend until the mint is completely chopped up, about 30 seconds. Place

your leafy greens into a large bowl and toss with the dressing. Sprinkle with walnuts and orange slices.

NEWS CANADA

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Sausage vs. hot dog: Street meat is often the go-to choice for those on the run. But they may also be the unhealthiest choice around.

Sausage with fried onions, cheese sauce and peppers

887 calories / 55 g fat

This is one of the unhealthiest foods available — more than half your daily calories in fat and a complete day's worth of salt.



Equivalent

This is equivalent to 42 grilled medium shrimp in calories.



2 hotdogs with mustard, ketchup and relish

388 calories / 22 g fat

I don't like endorsing nitrite and sodium-filled processed meats, but in this case two dogs are better for you than the sausage!



Mary Brown's CEO Greg Roberts on success, humility and chicken



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Greg Roberts grew up on Triton, a little island off the coast of Newfoundland, but as a young boy he had big dreams.

After graduating with a degree and becoming a char-

tered accountant, he acquired a gas station and restaurant; then a pharmacy. Two pizza franchises and real estate ventures followed.

But Greg had his eye on the big prize. When the franchise rights for Mary Brown's Famous Chicken and Taters became available, he mortgaged everything he had to buy the brand.

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential"

Today, Roberts has close to 100 franchises in Canada, 1,250 employees, a flagship store in South America and hundreds of international franchises in the planning stages.

His advice? "Work hard.

Be candid. Listen to everyone and make the right decisions. At the end of the day I don't want to be the richest man in the cemetery. I just want to be

known as a good person and an even better family man."

Canadians were first introduced to Mary Brown's in Newfoundland in 1969.

Now Open!

540 Southgate Drive - Bedford, Nova Scotia

COFFEE CULTURE
CAFE & TATERS

Franchises Available

www.coffeeculturecafe.com
call 902-456-2389

WE'RE CHANGING THE CULTURE™

Five steps

1 You need a great idea and an even better plan to make it happen.

2 Surround yourself with great people that are as passionate as you and then listen to them.

3 Never become arrogant and believe you know it all.

4 Get a great education and keep on learning.

5 Never forget where you're from and never ask someone to do something you wouldn't do yourself.

Mary BROWNS
Famous Chicken & Taters!

Drive Thru

Mary Brown's chairman and CEO Greg Roberts mortgaged everything to bet on the chicken franchise's success. ISTOCK

101.3 THE BOUNCE

15 minutes of fame!

Call 420-1013 weeknights to co-host the Interactive NINE@9 with Kat!

Discovered this week:

- ★ Amber from Beaver Bank
- ★ Naomi from Halifax
- ★ Taylor from Lawrencetown

Interactive NINE@9

1013TheBOUNCE.com
info@1013thebounce.com

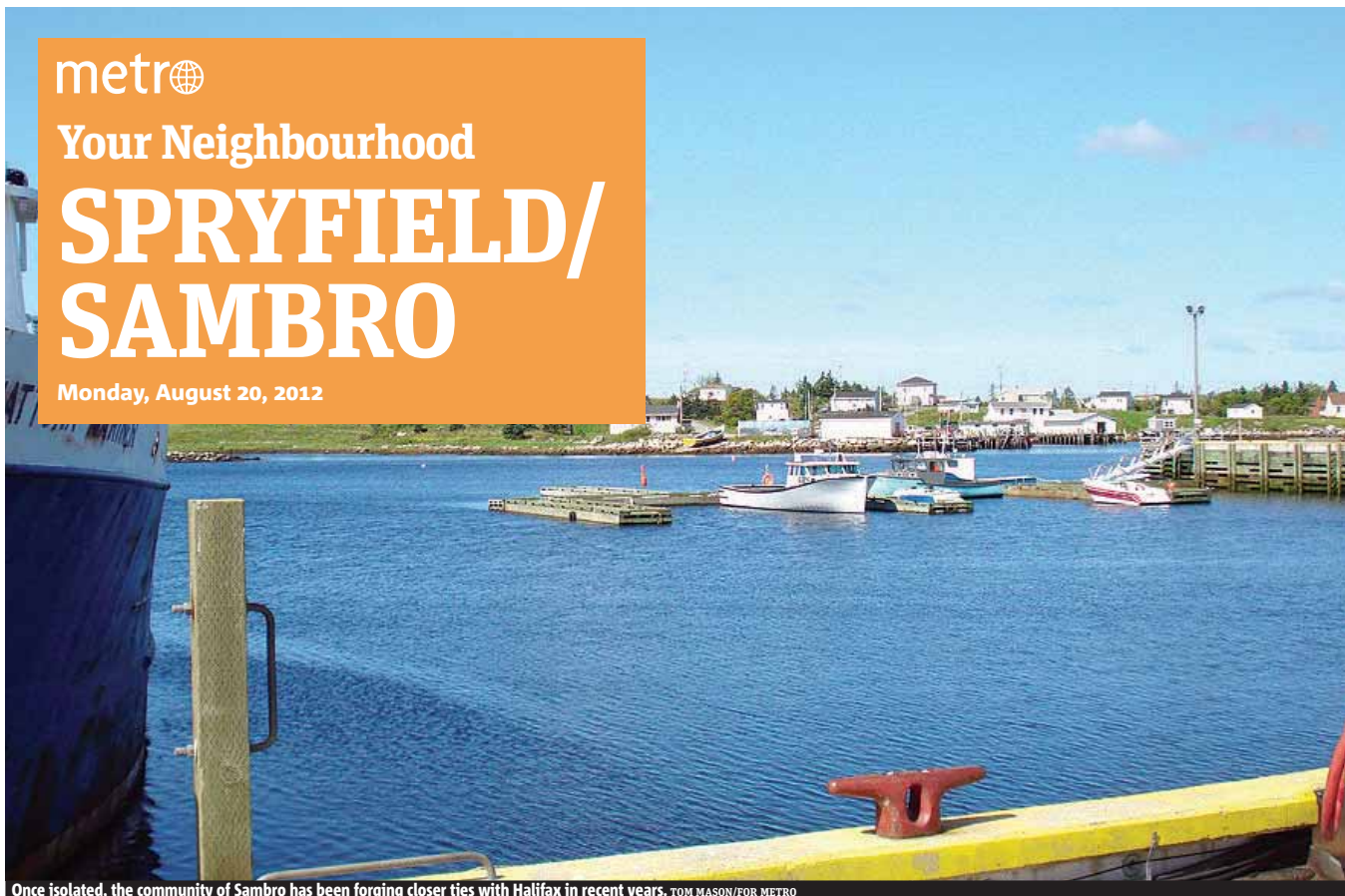
Get the BOUNCE Mobile app here

metro

Your Neighbourhood

SPRYFIELD/ SAMBRO

Monday, August 20, 2012



Once isolated, the community of Sambro has been forging closer ties with Halifax in recent years. TOM MASON/FOR METRO

Cleaning up the Sambro Loop

Lately, the residents of Herring Cove have been seeing something that hasn't been visible in this part of Halifax for years — the bottom of the harbour.

With the community's new sewage treatment plant up and running, the water in the cove has been a lot cleaner and clearer lately, according to area municipal Coun. Stephen Adams. "It's one of the really positive developments that have been taking place in communities along the Sambro Loop," he says.

For more than 250 years, the communities that skirt the western mouth of Halifax Harbour have felt removed from the city nearby. Herring Cove, Ketch Harbour and the Sambros were fishing communities, lifesaving stations and places of respite for sea-loving commuters who truly wanted to leave the city behind when they returned home at night. But lately the fruits of urbanization have been coming to the Sambro Loop, and the results are having a positive impact, says Adams.

"The people of Herring Cove are looking into ways to revitalize their existing recreation centre, with a complete package that will include access to Latter Pond, swimming, tennis and other amenities," he says. At the same time, Sambro is starting to look at developing its own recreation centre. "We're seeing a real common thread of development in these communities."

TOM MASON

A healthy community spirit

Spryfield. Residents took it upon themselves to revitalize the area, including McIntosh Run

TOM
MASON
For Metro

An unassuming stream known as McIntosh Run snakes through the community of Spryfield on a convoluted 13-kilometre journey from Long Lake to Herring Cove. Along its course it forms a water feature that graces the front yards of many Spryfield neighbourhoods, but it's small and shallow — barely a brook in places.

For decades it seemed

destined to go the way of other small watercourses in HRM — polluted, infilled and eventually buried under asphalt to serve out its life as part of the municipal drainage system.

The community had other ideas.

In the 1980s, a community group called the McIntosh Run Watershed Association was formed. The group marshalled volunteers who rolled up their sleeves and began fishing out the garbage, replanting trees along

the shore and fixing the water features that had been all but destroyed by urban sprawl. Today, McIntosh Run is one of the focal points of Spryfield, lined with greenbelts and a popular hiking and biking trail. It even has a healthy population of trout.

That same community spirit that brought McIntosh Run back from the brink defines so much of what Spryfield is, according to HRM councillor and Spryfield resident Stephen Adams.

"We saw that community spirit illustrated when we had the terrible forest fire in 2009. There was so much support for the people who were displaced. Spryfield residents

opened up their homes and businesses. Everyone came together to help."

Spryfield is a place that has been showing a lot of pride lately, says Adams.

That's evidenced by the new project to revitalize the business area of Herring Cove Road. The Spryfield and District Business Association has been spearheading a number of community improvement projects along the road, including a summer flowerpot and holiday wreath project, and a three-year community streetscaping program that kicked off last year. The project will improve sidewalks and intersections, build medians and

plant trees along Spryfield's downtown core.

"Our main street is already something we can be very proud of," says Adams.

At the same time, new developments like the Long Lake Village on the community's edge and expansions of a number of major Spryfield businesses are an indication of a new spirit of revitalization in the community, according to Adams.

"When you have extremely bright business people like the people behind Long Lake Village investing \$100 million into the Spryfield area, that tells me they have a lot of confidence in our community. It says a lot."

Free Market Analysis and Home Staging Advice!

Buying or Selling? I can help!

Donna Fleming
(902) 430-3833
Realtor, Stager, Home Staging Specialist

*Not intended to solicit clients or properties currently under a listing or selling contract

Being the smaller funeral home just means we never stop increasing the size of our service.



Be assured that we will respect your family as if you were our own.



Erin Jennings



Denise Robichaud



Donald Cameron



Jennifer Currie



J. ALBERT WALKER
FUNERAL HOME

Erin D. Jennings, Managing Director

Proudly serving your community

www.walkerfh.com • 477-5601

ELECT Candidate Peter Grabosky Dist. 11
Spryfield, Sambro, Prospect Road Saturday 20 October 2012

Authorized by Candidate Dist 11 Peter P Grabosky

Citizen-Oriented Vision. I Work for You!

- Sustainable Economic Development-Prudent with Your taxes
- Affordable Rent while ensuring a Measured Development policy
 - advocate for a National Housing Strategy
- Affordable, Timely Public Transportation to Our Communities
 - light Rail options for HRM



Cell: 818.7188

Email: petergrabosky@yahoo.ca

Twitter: @HRMpetergrabosky

Fleming Tower marks 100th anniversary

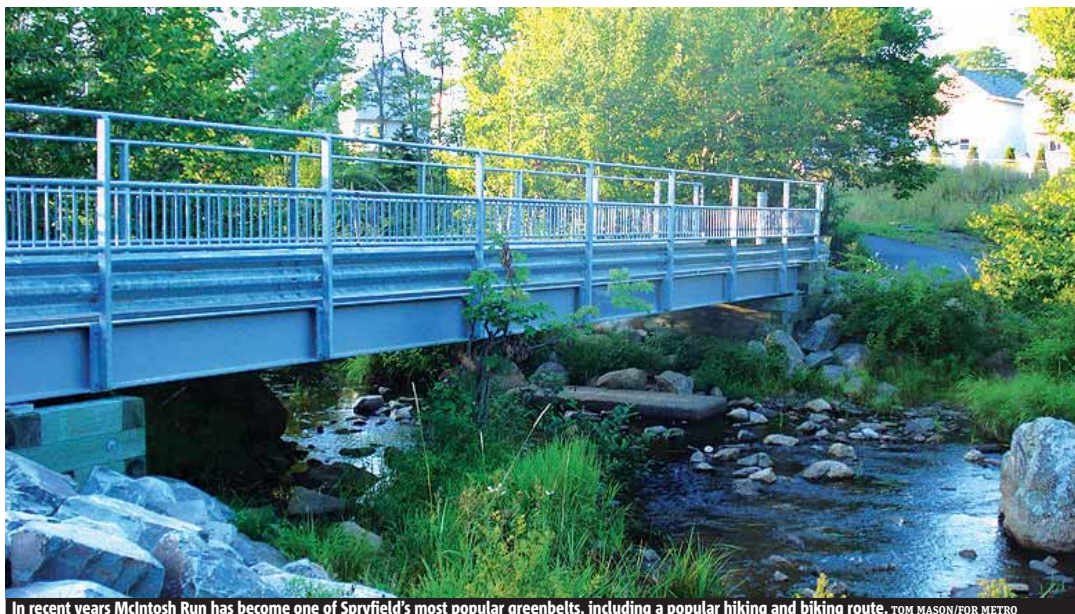
This year marks the 100th anniversary of one of Halifax's most distinctive landmarks.

Fleming Tower was built in 1912 at the request of Sir Sandford Fleming, the Scottish-born Canadian railway magnate who left his estate to the city of Halifax to be used as a municipal park. The tower,

designed by architect Andrew Cobb, is built in the Palladian style of Renaissance Venice that was used in many 18th- and 19th-century public buildings, including the White House.

The price tag was \$23,960, an impressive sum in 1912 dollars.

TOM MASON



In recent years McIntosh Run has become one of Spryfield's most popular greenbelts, including a popular hiking and biking route. TOM MASON/FOR METRO

mrs. p's HOMESTYLE BAKERY

Oatcakes our specialty- wholesale & retail
Wide variety of gifts & crafts

336 Herring Cove Road • 902-479-1293

LEGION

THE EARL FRANCIS SPRYFIELD
MEMORIAL LEGION BR. 152 SUPPORTS
OUR COMMUNITY OF SPRYFIELD
RCL152@NS.SYMPATICO.CA

樓華文

MANDARIN KITCHEN RESTAURANT

189 Herring Cove Road

477.5696

Since 1973

LUNCH SPECIAL!

\$4.99 /w soup

ALL YOU CAN EAT CHINESE
BUFFET AVAILABLE
*minimum 4 people

DELIVERY SERVICE
FROM 4:30

Fully Licensed* Air Conditioned*
Free Parking*



Easily accessible.

Nature winds its way
around Spryfield like
a climbing vine

TOM
MASON
For Metro

Most urban communities don't have anything quite like Long Lake Provincial Park. The huge reserve is a wilderness area more than 2,000 hectares in size complete with bushwhacked trails, a large unspoiled lake, wildlife and enough adventure to keep most backwoods enthusiasts happy. And best of all, it's accessible by Metro Transit bus routes.

Long Lake escaped the encroachment of 1960s urban development thanks to a happy accident: It was the site of Halifax's longtime water supply system. By the time the city switched to a new system at Pockwock Lake in the 1970s, Halifax residents



Long Pond is one of many popular swimming holes in Spryfield.

TOM MASON/FOR METRO

realized that pristine areas like Long Lake were worth saving.

Today, the park is under the protection of the Nova Scotia provincial park system, but it is still undeveloped. It's one of the most popular areas in Metro for dog walkers, hikers and birdwatchers and it can be accessed at a number of points along the Saint Margaret's Bay Road, Northwest Arm Drive, or at Exhibition Park.

Despite its busy downtown core and its urban ambience, nature winds around

Spryfield like a climbing vine. The community has a wealth of parks and hiking trails. The banks of McIntosh Run are lined with a popular urban hiking and biking route. Rockingstone Park offers a sandy beach and access to the granite barrens that edge the less-populated side of the community.

At nearby York Redoubt, a network of trails weaves through a series of decaying fortifications dating back to the world wars and beyond. And the most spectacular trail in the area winds from

Popular bike route

- The Sambro Loop is more than just a demarcation of the communities that lie beyond Spryfield. It's also one of HRM's most popular bike routes. The 50-kilometre trip takes cyclists through the picturesque fishing communities of Herring Cove, Ketch Harbour and Sambro, and back to Spryfield via Williamswood and Harrietsfield. A quick side trip to Crystal Crescent Beach offers a welcome diversion.

Duncan's Cove to Ketch Harbour. The trail crosses a rocky, windswept headland that is heart-stopping at times, with ocean waves crashing into the base of 50-metre cliffs. The view is the payoff — an unbroken panorama of Halifax Harbour at its widest point. With a little luck, you might even spot a pod of large whales.

PHARMASAVE®

*Proudly serving
the community since 1955*

Crowell's Pharmasave
477-4650 • 205 Herring Cove Road

\$3.50
EACH
(6-INCH)
**CLASSIC
MENU***



336 Herring Cove Rd
902.477.2929

SUBWAY®

*Cold Cut Combo, Meatball Marinara, Ham, Pizza Sub, Veggie Delite, Egg Salad
Prepared foods. © 2012 Subway Restaurants Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc. (D.A.)
For a complete list of participating restaurants, visit subway.com. Subway® is a registered trademark of Doctor's Associates Inc.



The Captain William Spry centre feature a library, a popular wave pool and recreation facility, and more.

TOM MASON/FOR METRO

Development. Growth having positive effect on community

TOM MASON
For Metro

When Long Lake Village is completed, the new \$100-million development near Cowie Hill will increase the population of the Spryfield area by about 1,000 people. That's good news for businesses, and for everyone else, according to Bruce Holland, the executive director of the Spryfield and District Business Commission.

"The growth we're seeing in Spryfield is having a very positive effect on our whole community," he says. "There's a big demand for commercial space in the area right now, and that's having a positive impact on businesses. We're seeing a number of larger businesses spending money on expansion to keep up with the demand."

The new development at Long Lake Village will include homes for around 400 families including condominiums, townhouses, apartment units and semi-detached homes. It will cover about 16

Sambro Light

- When a storm surge in the spring of 2007 tore out the undersea cable that supplied power to the isolated Sambro Light, the Canadian Coast Guard decided to modernize the oldest standing lighthouse in North America. Today, the light is operated by 12 80-watt solar panels that keep it turning steadily 24 hours a day — standing guard over the mouth of Halifax Harbour in the same spot it has occupied since 1758.

hectares of land along Northwest Arm Drive near the top of Cowie Hill.

Holland says signs of rapid growth are everywhere. Among the highlights, the Spryfield YWCA is nearing the completion of its new child-care centre on Herring Cove Road, and Sobeys has recently undertaken a \$1-million expansion of its Spryfield store.

The South Centre Mall, long the focal point of downtown Spryfield, is also undergoing some big changes.

Most significantly is the fact that much of the mall has been taken over by the new Community Wellness Centre that provides a variety of health services that are easily accessible to Spryfield residents.

"The Community Wellness Centre is a perfect example of our commitment to taking a more community-based approach to health and healing," says Chris Power, president and CEO, Capital Health. "It's about providing services where people live."

Holland agrees. He says the wealth of new services cropping up in Spryfield are making one of the most popular and affordable neighbourhoods in Metro even more popular.

"We're close to downtown Halifax and that's a big advantage for us," he says. "But in the end, folks who live in Spryfield want to do business in Spryfield. That's important for our community."

Spry library wins national award

An innovative reading club at the Captain William Spry Library has been the recipient of a national award.

The TD Summer Read-

ing Club Library Award, worth \$5,000, has been presented to the Spryfield library in recognition of its innovative techniques in promoting the summer

reading club. The library used high-energy presentations employing drama, humour and interactive elements to engage children in literacy. **TOM MASON**

SHOPPERS DRUG MART



Proudly serving
the community for over 28 years

477-1210 • 315 Herring Cove Rd

www.shoppersdrugmart.ca

ACE LumberMart

project centre

HALIFAX

751 Herring Cove Rd., Spryfield
Phone: 477-6500 • Fax: 479-0839

DARTMOUTH

15 Wright Ave., Burnside Park
Phone: 468-7772 • Fax: 468-0233

Mon.-Wed. — 8am-6pm

Thurs.-Fri. — 8am-8pm

Sat. 8:30am-5:30pm

JUST LIKE THE
HARDWARE STORE
YOUR DAD USED
TO TAKE
YOU TO



The helpful place.

www.lumbermart.ca

Spryfield Village

heartbeat
of the loop

The Board of Directors of the
Spryfield and District Business Commission
On Behalf of our Member Businesses, would like
to thank the COMMUNITY for your support.

Please feel free to drop in and visit us at our new office
located in the Royal Bank Building, 339 Herring Cove Road, Suite 211.



Constituency Office
47 Williams Lake Road
Halifax, Nova Scotia
B3P 1S9

Phone: (902) 477-4100

Fax: (902) 477-4810

Email: mhramondmla@eastlink.ca

www.mhramond.ca

Michèle Raymond | MLA for Halifax Atlantic

Melville Cove • Fleming Heights • Millmore • Pine Bluff • Boulderwood • Purcells Cove • Ferguson's Cove • Herring Cove • Portuguese Cove • Bear Cove •
Duncans Cove • Chebucto Head • Ketch Harbour • Bald Rock • Sambro Head • West Pennington • Sambro • Williamswood • Hartfield • Spryfield

WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE:



Buy For:
\$39



**\$39 FOR 1 PAIR OF
FULL-LENGTH FOOT MUSCLE
STRENGTHENING INSOLES
FROM BAREFOOT SCIENCE
PRODUCTS AND SERVICES
(A \$80 VALUE)**

Regular Price: \$80

You Save: \$41

Discount:

51%



Buy For:
\$29

**\$29 FOR A DELUXE PEDICURE AND EXPRESS
MANICURE AT GLAMOUROUS NAILS: AN LCN
BOUTIQUE (A \$95 VALUE)**



Buy For:
\$19

**\$19 FOR A 3-HOUR ONLINE STOCK MARKET
TRADING COURSE FROM PRO TRADING
PROFITS (A \$199 VALUE)**



*Multiple
Offers*

**THE SARAH K MASSAGE: TWO OPTIONS
OPTION 1: \$35 FOR A 1-HOUR MASSAGE
OPTION 2: \$50 FOR A 90-MINUTE MASSAGE**

WagJag.com and TELUS®

Are Proud To Work Together To Give TELUS Wireless Subscribers

\$10 WagJag Credit Every Month!

Visit www.wagjag.com/telus



Visit: **WagJag.com**

Follow us:



facebook.com/wagjag
[@wagjaghalifax](https://twitter.com/wagjaghalifax)

Hurry to WagJag.com to purchase local deals before time runs out.

Mooseheads sweep Eagles in rookie series

QMJHL. Roster hopefuls make good impression in back-to-back 3-2 wins in pre-season action



MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads' rookies continued to shine on Sunday.

The Mooseheads, icing just two returning players, skated to a 3-2 win over the Cape Breton Screaming Eagles in Sydney, getting the game-winning goal with just 2:14 remaining on a penalty shot from roster hopeful Liam Alcalde.

They're now 2-0 in the QMJHL pre-season after also beating the Screaming Eagles 3-2 at the Halifax Forum on Saturday.

"We approached those games like any other game we play all year," said Mooseheads head coach Dominique Ducharme. "Guys really competed hard in those two games and paid attention to the little things that make you win. It was good to see the commitment of everyone involved."

Forward Mike Molloy opened the scoring for Halifax in the first period before the Screaming Eagles grabbed a 2-1 lead in the second on goals from Avery Clarke and Zach Beaton.

But defenceman Randy Gazolla, auditioning for one of two or three openings on the blue-line, evened things up at 11:23, and Alcalde won it after drawing a penalty shot on a shorthanded opportunity.



Dominic Beauchemin of the Halifax Mooseheads steals the puck away from Alexander Snow of the Cape Breton Screaming Eagles in QMJHL pre-season action in Sydney on Sunday. ERIN POTTIE/CAPE BRETON POST

Marc-Olivier Daigle, with 10 saves on 12 shots, and Jason Ellis, stopping all seven shots he faced, shared time in the Halifax goal.

In Saturday's win, it was Max Lindsay, Joel Blanchard and Brian Lovell scoring, while Daigle and Chris Clarke split time in goal.

With a half-dozen roster openings, the impressive rookie performances are making decisions harder for the Mooseheads' staff.

"Everyone is playing up to their potential, and that's what we want to see from the guys coming to camp," Ducharme said. "We have to have a lot of discussions to decide what's going to be the next step."

A round of cuts is expected on Monday morning as veterans report for office registration at Cole Harbour Place on Monday before hitting the ice Tuesday.

Seventeen returning Moose-

heads are on the way — two goaltenders, five defencemen and 10 forwards — as well as off-season over-age acquisition Stefan Fournier, a right-winger.

They'll join 25 rookie campers, a group that includes returning defenceman Josh Desmond.

"The rookies need to build on what they did these past four days, fight for those spots that are available and challenge the veterans," Ducharme said.

Recovery time

Second-year stars Nathan MacKinnon, Zach Fucale and Jonathan Drouin will be given some extra time to recover from the Ivan Hlinka under-18 memorial tournament and will not join the team immediately. "We'll give them a few days off," said Mooseheads head coach Dominique Ducharme.

Halifax stars prominent in clinching gold



Mooseheads stars, from left, Jonathan Drouin, Zach Fucale and Nathan MacKinnon celebrate winning gold at the Ivan Hlinka memorial tournament in Piestany, Slovakia, on Saturday. WERNER KRAINBUCHER/HOCKEY CANADA

The Halifax Mooseheads' three brightest stars will be coming to training camp with some extra hardware.

Nathan MacKinnon scored a hat trick, Jonathan Drouin had two assists and Zach Fucale posted a 23-save shutout as Canada blanked Finland 4-0 on Saturday in Piestany, Slovakia, to claim its fifth straight gold medal at the Ivan Hlinka memorial under-18 men's hockey tournament.

"It feels unbelievable," MacKinnon told Metro Halifax by phone after the game. "I've dreamed of singing the Canadian national anthem on that blue-line since I was a kid and doing that today was one of the best feelings I've ever had. I'm really excited."

MacKinnon, a 16-year-old

Quoted

"All of them, it looks like their future is bright to go forward. I feel really good about Hockey Canada over the next two, three years."

Team Canada head coach Todd Gill

Cole Harbour native ranked No. 1 overall for the 2013 NHL draft by Red Line Report, finished the tournament with five goals and six assists for 11 points in just five games.

"It's refreshing," MacKinnon said. "I like big games, I like when the pressure's on and when you've got to perform. Everybody chipped in today and we got the job done."

Fucale, who shared Mooseheads co-MVP honours with MacKinnon last season, started

four of five games at the tournament, going 4-0 with a 2.00 goals-against average and a .925 save percentage. Drouin, a left-winger, didn't score but picked up five assists in five games.

"Going back to Halifax with two other guys with those gold medals and along with all the other guys on the team, we'll remember this the rest of our lives," MacKinnon said. "We'll have a special bond of winning a gold medal together."

MATT WUEST/METRO

Mobile sports



An associate of San Francisco Giants all-star Melky Cabrera purchased a website and attempted to create evidence to support a claim that the outfielder inadvertently took the substance that caused a positive drug test, the New York Daily News reported Sunday. Scan the code for the story.

4 SPORTS

Soccer

City advances to Premiership final

Jonathan Hammond has propelled Halifax City into the EastLink Premiership men's soccer final.

The veteran striker scored in the fourth minute of non-golden-goal overtime to lift City to a 1-0 win over Halifax Dunbrack at Mainland Common on Sunday in the Page playoff semifinals.

Graham Little recorded the shutout for City, which matched Dunbrack with a 7-3-4 record in the regular season, tied for second in the Premiership.

City advances to face first-place Valley United (7-2-5) in the final on Tuesday at 6:30 p.m.

In women's action, three-time defending champion Halifax Dunbrack was ousted 2-1 by Suburban FC in Saturday's Page playoff semifinal. Suburban will face second-seeded Valley United in the championship on Monday. **METRO**

Baseball

Halifax bolsters nationals' roster

The Halifax Pelham Molson Canadians have bolstered their lineup for the Canadian senior men's baseball championships in Prince George, B.C. this week.

The Canadians, permitted a half-dozen pick-ups from other Nova Scotia Senior Baseball League teams, added Chris Head and Jeff Reeves of Dartmouth Moosehead Dry, Cory Christie and Justin Brewer of the Sydney Sooners and Billy Mackenzie of the Kentville Wildcats.

They are also bringing in Codey Shrider from Kentville's junior team and calling up Brandon McKinnon from their own junior team.

Halifax, third in the NSSBL standings before Sunday's games with a 14-12 record, opens nationals on Thursday at 3 p.m. against Alberta.

METRO

Rangers chase Alvarez en route to rout of Jays

MLB. Struggling Toronto offence held to six runs over weekend series against Texas

Henderson Alvarez pitched with a heavy heart Sunday.

The Toronto Blue Jays starter had been told of a death in the family in the morning and after an awful outing against Texas declined to speak to media.

It was small wonder: Texas defeated Toronto 11-2 after banging out 19 hits — 12 against Alvarez in 4 1/3 innings — to win the rubber match of a three-game series.

No Blue Jays mentioned Alvarez's pain after the game — catcher Yan Gomes said he "had absolutely no idea" — but Rangers starter Matt Harrison expressed sympathy for the opposing pitcher.

"I'll say a little prayer for his family and him tonight," said Harrison. "That's pretty tough. To have that on your mind when you go out and pitch, your focus is definitely not on pitching."

Michael Young hit a three-run homer and added a two-run double for Texas, while Harrison (14-7) held Toronto to two runs and two hits, including a solo homer by Mike McCoy.

The hit total and the eight runs allowed were both career highs for Alvarez (7-11).

"The Rangers came out and swung the bats aggressively, especially on first-pitch fastballs," Blue Jays manager John Farrell said. "I didn't think he used his secondary stuff enough, par-

Offensive woes

Bautista, Lawrie to take at-bats in the minors

The good news for the Blue Jays is that Jose Bautista and Brett Lawrie will be back in the lineup Monday. The bad news, however, is that they're back in the lineup of the Gulf Coast League Blue Jays.

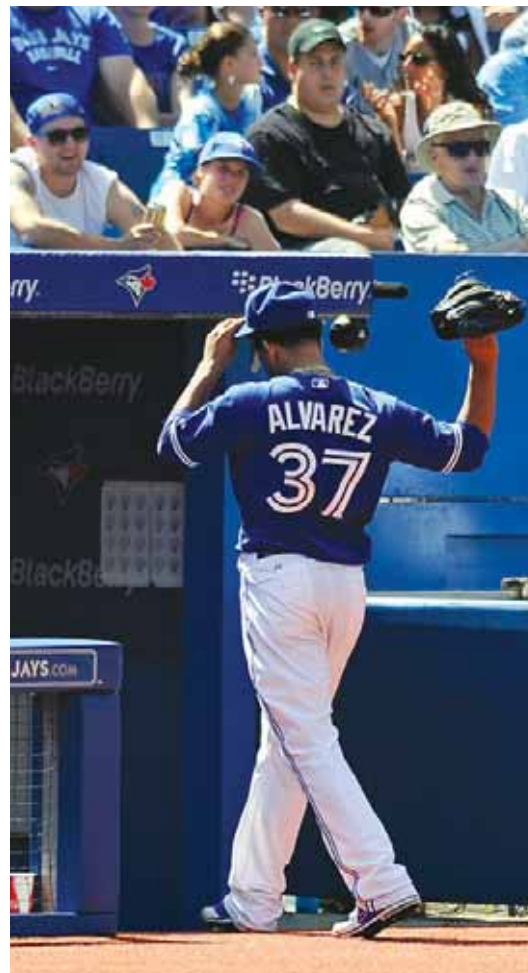
The Jays managed just two hits and two runs in the finale with the Rangers, dropping to nine games below .500. In the 21 games the Jays have played since July 29, without Bautista and catcher J.P. Arencibia and with a hobbled Brett Lawrie and Adam Lind, they are 0-12 when they score two runs or less. It's the fact that they've scored two or less in 12 of 21.

In addition, the Jays since July 29 have scored a total of just 59 runs, an average of less than three per game, with 16 home runs and a .212 team batting average.

TORSTAR NEWS SERVICE

ticularly as they started to be aggressive early in the counts."

After the game Gomes was returned to triple-A Las Vegas, likely to make room for catcher Yorvit Torrealba who completed his four-game stint with double-A New Hampshire on Sunday. **THE CANADIAN PRESS**



Henderson Alvarez tosses his glove into the dugout after being pulled in the fifth inning Sunday at Rogers Centre in Toronto. **BRAD WHITE/GETTY IMAGES**

Visit:
www.eaglecrestgolfcourse.com
and register for a **FREE** round of golf!

Eagle Crest GOLF COURSE

\$29.00 After 12pm & \$25.00 After 2pm
For both Green Fees and Power Carts!

Green fee, Power Cart & Meal – From \$50
Valid for 16 or more players. Conditions may apply.

All special pricing must be pre-booked.
Call Pro Shop at (902)679-3033.

2075 Lakewood Road, Centreville • Less than 1 hour from Metro!

Expires August 31st 2012



Eastlink Premiership Soccer

Women's Championship Final
Tonight at 6:30pm

In Brilliant HD on Channel 610



eastlink.ca

Federer finely tuned ahead of U.S. Open



Roger Federer hits a backhanded shot against Novak Djokovic during the men's final at the Western & Southern Open tennis tournament on Sunday in Mason, Ohio. Federer won 6-0, 7-6 (7). AL BEHRMAN/THE ASSOCIATED PRESS

Tennis. Top-ranked player again trumps Djokovic to capture title in Cincinnati and upper hand in rivalry

Roger Federer finds a lot to like about Cincinnati — the big crowds for his matches, the quiet time away from the court, the way his game seems to come together on the fast, blue courts.

Probably helps that he often takes home the trophy, too.

Make it five for Federer.

The world's top-ranked

player won a record fifth Cincinnati title Sunday, dominating second-ranked Novak Djokovic in an unprecedented way at the start of a 6-0, 7-6 (7) win for the Western & Southern Open championship.

The 31-year-old Swiss star has enjoyed many of his one-week visits. None was better than the latest.

"Looking back, it's just unbelievable," Federer said. "This was probably the best week for me here in Cincinnati. I didn't lose a set. This is very sweet, no doubt about it."

Federer heads to the U.S. Open feeling healthy and fine-tuned. He skipped the Rogers Cup in Toronto last week,

Women's draw

In the women's final, Li Na (9) defeated Angelique Kerber (5) 1-6, 6-3, 6-1. Li recently lost to Petra Kvitová in the Rogers Cup final but kept up her strong play for her first tournament victory of the season.

giving himself some time to recover from the Olympics in London.

He's also regained the upper hand against one of the players who stands in his way.

Djokovic had put together a run of three straight wins over

Federer in tournament semifinals, starting with the U.S. Open last year. Federer turned it around by beating the Serb in the semis at Wimbledon last month.

They got together in a finals match for the seventh time in their careers Sunday. They'd split the previous six, with Federer winning the only Grand Slam championship match — the U.S. Open in 2007.

Quickly, the latest one became a bit of personal history. Federer won the first set in only 20 minutes, allowing Djokovic just 10 points. It was the first time in their 28 career matches that one of them took a set 6-0. **THE ASSOCIATED PRESS**

metro

CLASSIFIEDS

TO ADVERTISE, CALL:
1 800 527-6767

HELP WANTED

General Help

Leasing Agents
We are looking for enthusiastic individuals who are detail oriented, with excellent people skills to oversee the leasing of our buildings located in Dartmouth & Halifax. Experience in leasing Multi-Family apartment communities is an asset. If interested, please send resumes to jobs@metcap.com
Quote job id: LANS in subject line

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Education

WORK BETWEEN PLAY.
Flexible hours. We're hiring.

Enrol in our Tax Training School, the most comprehensive tax training program in Canada, and start a career that lets you live life your way.

As one of our tax professionals you could enjoy the benefits of seasonal full or part-time work and flexible hours. Classes start mid-September.

Register online at hrblock.ca or call 1-877-32BLOCK (322-5625)

H&R BLOCK®

Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block.
© 2011 H&R Block Canada, Inc.

General Help

General Help

General Help

GIANT TIGER

your save on everything store

Join the team for our new store in
LOWER SACKVILLE!
720 SACKVILLE DRIVE



Full Time (35 - 40 hours)
positions available for:

- Supervisors/ Management
- Fashion, Grocery, and Hard Goods Associates
- Cashiers

Part Time positions also available.

We offer competitive compensation and benefit packages, training, opportunity for career advancement and a fun and friendly work environment.

Submit your resume to: careers@gianttiger.com

Visit our website at www.gianttiger.com

GIANT TIGER AND GIANT TIGER DESIGNS ARE THE TRADE MARK IN CANADA OF GIANT TIGER STORES LIMITED.

General Help

Working Cook Manager

Beechville/Spryfield/Bedford/ Burnside School Cafeteria. Great hours!
No night or weekends
PHONE: 902-832-9489 M-F 9-4 pm
EMAIL: rchad2002@yahoo.com
FAX: 902-434-3005

Read metro your money every Tuesday for financial tips, trends and advice.
Only in Metro. News worth sharing.

RENTALS

Apartments Unfurnished

Apartments Unfurnished

Apartment For Rent
"We take care of our residents. Try us and see!"

Dartmouth Apartments

36-36A & 60 Primrose
1 BR \$ 630
2 BR \$ 720

Book your viewing today!
Call Mack at 902.402.3894 or email mack@metcap.com

65 & 81 Primrose
Bach \$ 545
1 BR \$ 630
2 BR \$ 720

2 & 4 Franklyn Crt & 1-10 Crystal
1BR \$587
2 BR \$711
3 BR \$745

15, 25 & 35 Leaman
Bach \$540
1 BR \$645

87 Pinecrest Dr
1-3 Farthington Place
1 BR \$720

Book your viewing today!
Call Lynne at 902.402.6287 or email lynn@metcap.com

104 & 106 Albrow Lake & 127 Slayter St
2 BR \$647

175 Albrow Lake Rd
1 BR \$635
2 BR \$735

356 Windmill Rd
1 BR \$599
2 BR \$719

Book your viewing appointment today! Call Louay at 902.402.2915

31 & 35 Highfield Park Dr.
11 Joseph Young Dr.
1 BR + den \$566
2 BR \$627

6-16 Nivens, 77 Farrell & 15 Middle St.
1 BR \$ 610
2 BR \$725

Book your viewing appointment today! Call Sara at 902.402.2973

Halifax Apartments

1 & 11 Drysdale Rd
22-40 River Rd
1 BR \$ 511
2 BR \$625

211 Glenforest
2 BR \$806

Book your viewing appointment today! Call Louay at 902.402.2915



Can't get a hold of us? Call our help line at 1-877-638-2271 or email us at leasing@metcap.com

NEED A RIDE?
Read metro drive every Wednesday.

Apartments Unfurnished

Apartments Unfurnished

HEALTH & BEAUTY

Health Practitioners

Acupuncturist Ashley Roberts Dip.Ac, R.Ac is accepting new patients at a busy established Quinpool road clinic. Call today for a consult and treatment! 902-492-8839.

HOUSEHOLD SERVICES

General Services

B D S Home Improvements
For all **YOUR** Exterior Needs
One Call CAN Do It All!
Our Quality Workmanship
Means **YOUR** peace of mind!
Insurance & WCB Licensed
Senior discounts **FREE** Quotes
Call Brian 456-4249

Landscapers/Gardening

A-1 Landscaping & Irrigation
Complete landscape services inc.
trimming, pruning, lawn maintenance
& irrigation • Free estimates
Call Jon at 902-802-1195
cariboo895@hotmail.com

f like us
metro

Public Auctions

Movers

MoveRite
17 ft Truck & 2 Men
\$75.00 per hour
No Minimum
No Gas Surcharge
Residential & Commercial
Local & Long Distance
440-6817
moverite11@gmail.com

Trades

Adanac Construction Free Estimates!
Carpentry, Siding, Window, Doors, Decks
& Floors. We build Sheds, Garages etc...
Fully Insured Call Stephen at 469-0536

FINISH CARPENTER
30 years exp. of home construction
renovations, additions, kitchens,
bathrooms, flooring, stairs, railings, crown
moldings, windows, doors and trim.
Lyndel Munro 902-252-5238
http://users.eastlink.ca/~lyndelmunro/

NEED Your Driveway Paved?
Summer Special
Call 209-5458
FREE Estimates
Seniors Discounts

Junk Removal

TIME TO TOSS IT
Debris removal, estate clean ups, small
demos, unit clear outs, basements, yards &
construction. **902-449-0232**

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Public Auctions

Junk Removal

Junk Removal

1-888-JUNK-VAN
JUNK REMOVAL
\$25 /LOAD
+ weight
Call 1-888-586-5826
PROMO CODE 864
Expires Aug 31/12

ANNOUNCEMENTS

Community Events

**Support Your Team
with a Vote!**



Help Storm Soccer Kids Win
\$125,000! Vote for us every day
from August 13th - 27th and help
us & our community win!
Every vote counts.

VOTE AT:
BMOsoccer.com

f like us
metro

Public Auctions

MISCELLANEOUS

Miscellaneous

LOOK!
Advertise in this space
for as low as
\$10/day!!
Call 1-800-527-6767

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

Public Auctions

AUTOMOTIVE

Recreational Vehicles

AT ORANGE RV Inc.
Do you have an RV for SALE?
Call Us Today!
902-259-3006

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Public Auctions

Recreational Vehicles

2008 STARCRAFT TENT TRAILER
Excellent cond. Winter stored
Lots of extra feat. Ready to go!
\$6,800 neg. Call David 240-1745

PERSONALS

Business Personals

SECRET Revealed
by Toronto Doctor for Smokers
Soft Laser Treatment Works
20Yrs Exp Call Doug 452-3138

Public Auctions

ADESA[®]
HALIFAX
PUBLIC AUCTION
Over 150 Cars

Saturday August 25 • 10am

300 Sky Bld., Enfield (Across from the Airport)

Viewings: Friday August 24, 1-4pm • Saturday 8-10am

902-873-4400 **www.adesapublicauctions.ca**

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

2 ANTIQUE CHAIRS
1 Rocking Chair...1 Straight back
Gold and black in color.
\$50 each 902-469-9848

Approx. 100 books, novels, etc.
Asking \$30 for lot. Large variety!
Call 902-455-7869

FOR SALE : 5 Piece Pearl Drums with
symbols and cases
\$1000 OBO
902-431-6948

Large coffee table - dark wood
with rod iron ends \$50.00
End table - glass top, rod iron base \$40.00
antique chair \$40.00 **902-443-1710**

Love seat, Teal green valour \$125.00
Stainless steel flatware, gold plated
Service for 8 in wooden case \$50.00
902-252-6155

Victorian Style Sofa - newly upholstered, ex-
cellent condition. Light green in color
\$250.00 can email pics
Please call 902-830-8288

2 signed and framed Mario Lamieux and
Chris Chelios pictures.
\$225.00 for both
902-477-8336

Baby bathtub - \$50 • baby stroller - \$5 • Steel
Door 6.8 ft x 2.8ft - \$20
Phone for details! Call (902)443-5374

FREE single mattress
Brand New, No bed bugs.
Pick up only!!! First come, first serve!!!
902-463-5164

Large dog metal dog kennel. Can also fold
up flat. Used for only a few months.
\$80
Call 902-402-9348

• **New in Box - Outdoor play set. 2 swings &
a slide. \$ 90 OBO • New mountain speed
bike \$350 • Sears Tread mill like new \$550**
Call 902-434-1626 / 902-452-2566

**WANTED Old bicycles for
recycling
Will pick up
(902)477-7117**

20 foot extention ladder
\$100 (pick up only)
(902)827-4554

Beautiful window swags (topper). Designer
made. Creams & blue. Floral. Fits 90" open-
ing or less. Incs. rod & wall bracket
\$40 - Call 902-462-2851

ladder rack for a small truck \$100
trailer hitch for a dodge truck or car \$40
Please call 876-5575

**Large mirror with white wood
trim. Great for child's room**
\$40.00
(902)252-2572

Rare \$20.00 Canadian Error Note
Asking \$500.00
Call Bill 902-441-9900

Wanted old china, glass, old toys
and jewelry.
Please call 902-455-9060

2002 RV Camper Trailer 27 feet. Master Bed-
room, sleeps 6, 1 slide out 13 feet, full bath-
room with closets and doors. Lots of storage
space. Call for more info 902-455-1995

Casio Keyboard with Stand
\$115
(902)434-4380

**Ladies Chocolate Brown long leather
coat. Medium. Excellent condition.**
Wear casual or dressy. Paid \$600
\$75.00 obo 902-462-2851

Lawn Mower Used 2 times
PUSH TYPE MANUAL REEL
\$50
902-864-8294

Round end table, open at front \$20.00
Candle stick table lamp \$20.00
Drapes 70 x 60 trimmed with gold \$50.00
2 pictures \$20.00 each **902-443-1710**

Weslo Treadmill Cross Country,
excellent condition, all digital, fold away
\$220 OBO hardly used
902-830-8188

Horoscopes

Aries

March 21 - April 20

There are general, everyday risks and there are the kind of risks that only an Aries would dare take — and you'll be taking plenty today. A major Sun-Mars link means your luck is about to turn. Enjoy it!

Taurus

April 21 - May 21

The best way to improve your life is to focus your thoughts and feelings on what means most to you in this world. Forget about your ambitions and concentrate on the people who you really, truly, madly love.

Gemini

May 22 - June 21

You have plenty to say for yourself but do other people understand your message? Your task today is to get across your central idea in ways that don't leave those with lesser minds feeling too confused.

Cancer

June 22 - July 23

If you are having second thoughts about a commitment you made then you should be able to wriggle out of it without too much trouble. Don't make a habit of it though or your reputation will suffer.

Leo

July 24 - Aug. 23

The recent new moon in your sign means there is no more confusion: you know exactly what you should be doing and exactly how it must be done. It's Monday and the start of a new week — so get started!

Virgo

Aug. 24 - Sept. 23

Are you at peace with yourself? Even if you are not you will be able to find a special place of inner tranquility over the next few days — the place where nothing and no one can touch you or harm you.

Libra

Sept. 24 - Oct. 23

You have a great deal in common with a certain group of people and if you make the effort to spend time with them there is a lot they can teach you. Share your dream with them too — they'll like it.

Scorpio

Oct. 24 - Nov. 22

You may find it hard to trust someone you work or do business with but what choice do you have? Sometimes even a Scorpio must put their doubts aside and just get on with it. You won't lose out.

Sagittarius

Nov. 23 - Dec. 21

What you hear today may sound too good to be true but you would be wrong to dismiss it out of hand. An excellent Sun-Mars link indicates it's all above board — and very much in your favour.

Capricorn

Dec. 22 - Jan. 20

Step back from what you are working on and look at it from a higher level. What does it mean in the greater scheme of things? If your answer is "nothing" then you should be working on something else.

Aquarius

Jan. 21 - Feb. 19

Resist the temptation to make accusations, because if you start the week with a distrustful attitude it will colour your relationships for the next seven days. No one is trying to cheat you — so don't cheat yourself.

Pisces

Feb. 20 - March 20

Let your mind wander in imaginary realms. You are probably fed up with friends and colleagues and loved ones telling you to get your head out of the clouds but that's the best place for it today. Dream on. **SALLY BROMPTON**

Crossword: The East, Musicians, Water, and a Capital

BY MICHAEL WIESENBERG

Across

1. "___ you knockin', but you can't come in" (2 wds.)

6. Colorless

10. Big name in moisturizing products

14. Become aware of

15. Copied

16. TV host Letterman

17. Canada is gateway to this eastern area of expanding importance (2 wds.)

19. Cinnabar and hematite

20. Secret agent

21. "___ Mine": Beatles song written by George Harrison (2 wds.)

22. Hors d'___: appetizer

24. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits plus white running shoes (2 wds.)

28. Smallville villain Luthor

29. Silences, as a TV

30. Canadian force

33. Croc's cousin

34. And so on

37. Northwest ___: Canadian sea route only recently open to regular marine shipping

40. Canada's most populous province

42. Star of The A-Team (2 wds.)

43. Guitar relatives with pear-shaped bodies

45. Agency employee, informally

46. "___ evil, speak ..."

(2 wds.)

47. Green machine

49. Largest tributary of BC's Fraser (2 wds.)

54. Actress Bernhardt

and singer Vaughan

55. Personals

56. Consume

59. Extra: abbr.

60. YT capital

64. Cinema spool

65. Rabbit

66. Worth something

(2 wds.)

67. Georgia and Belarus,

once: initialism

68. Versified tributes

69. Needs

Down

1. AOL and Comcast

2. Pile

3. Britannica, for one: abbr.

4. "Do ___ say!" (2 wds.)

5. Free from impurities

6. Measured on foot, with "off"

7. Spring mo.

8. Hawaiian garland

9. Alberta's second-largest city

10. Smells

11. Cocoon spinner

12. Asserts

13. Agreements

18. Canada's "Think Big" company

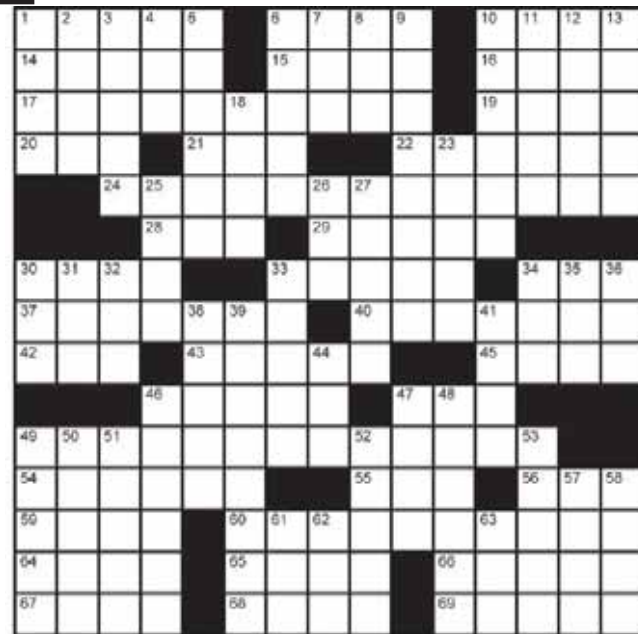
23. TV movie critic Roger

25. European mountains

26. Beatles hit "___ Loser" (2 wds.)

27. Cars

30. Tach reading



Copyright © 2012 Michael Wiesenber

31. Windsor product

32. 9-Down time

33. "I Can't ___ Satisfaction" (2 wds.)

34. Before: poetic

35. ___ Horton's

36. 30-Across member

38. First Hebrew alphabet letter

39. Winnipeg's "American Woman" band (2 wds.)

41. "Look ___ when I'm

talking to you" (2 wds.)

44. Very long time, as spelled south of the border

46. Some 58-Down sizes

47. Assistant

48. Network offering (2 wds.)

49. Their rule ended in 1917

50. Hell

51. TV's Law & ___

52. Amounts charged

53. TV's summer fare

57. 47-Down: abbr.

58. Casual shirts

61. Owned

62. Displeasure

63. Birds ___ feather (2 wds.)

Friday's crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Make This The Year You Get A New Career

Get Career Training in

- Business & Accounting
- Health Care
- Travel & Tourism
- Information Technology
- Legal



Request **FREE** Info

Online successcollege.ca

Call 1-866-429-3494



Call Anytime 24/7 For Info • Located at 800 Sackville Drive, Halifax, Nova Scotia B4E 1R8

It's Back!

2013 DODGE DART

Now in stock!!!

starting from
\$15,995

8.4" Touch
Screen available
Rear Back Up
Camera

3 Engines
to choose from

58 MPG

Order Yours Now-Limited Availability

END OF SUMMER CLEAROUT!



2012 CHRYSLER 200 LX

2.4L 4Cyl • Sirius Sat. Radio
• U Connect Hands Free Communication

Starting from **\$129** B/W Stk# 12JS8779



2012 RAM 1500 QUAD CAB 4x4

5.7L Hemi • SXT Appearance Group
• Class IV Hitch

Starting from **\$189** B/W Stk# 12RQ0142



2012 RAM 1500 CREW CAB 4x4

5.7L Hemi • SXT Appearance Group
• U Connect • Ram Box Cargo Storage

Starting from **\$219** B/W Stk# 12JU4401



2012 JEEP WRANGLER UNLIMITED

3.6L Pentastar V6 • Dual Tops
• Connectivity Group • Sirius Sat. Radio

Starting from **\$229** B/W Stk# 12TU9536



2012 JEEP COMPASS NORTH FWD

2.4L 4Cyl • Security Group • Premium
Sound Group • Sirius Sat. Radio

Starting from **\$169** B/W Stk# 12TU9536



2012 JEEP PATRIOT NORTH 4x4

2.4L 4Cyl • Sun/Sound Group • North
Special Group • Sirius Sat. Radio

Starting from **\$189** B/W Stk# 12PA5542



2012 RAM 2500 DIESEL

6.7L Cummins Diesel • SXT Appearance
Group • Heavy Duty Snow Plow Prep Group

Starting from **\$349** B/W Stk# 12RD6338



2012 DODGE JOURNEY SE

2.4L 4Cyl • Keyless Go
• 5 Passenger Seating

Starting from **\$149** B/W Stk# 12JU8533



2012 DODGE JOURNEY RT AWD

3.6L Pentastar V6 • Leather Int. • Power Sun-
roof • 19" Alloy Wheels • 7 Passenger Seating

Starting from **\$229** B/W Stk# 12JU4401



2012 GRAND CARAVAN SE

3.6L Pentastar V6 • Easy Clean Floor
Mats • Roof Rails

Starting from **\$146** B/W Stk# 12GV7114



2012 GRAND CARAVAN SXT

3.6L Pentastar V6 • 7 Passenger Stow
N Go Seating • Mopar Accessories

Starting from **\$169** B/W Stk# 12GV1560



2012 JEEP WRANGLER SPORT

3.6L Pentastar V4 • Automatic
17" Alloy Wheels • Off Road Tires

Starting from **\$165** B/W Stk# 12TJ7061

Prices exclude freight, taxes and fees. Payments include freight, taxes and fees. All rebates to dealer OAC. Vehicles may not be exactly as shown. Please see dealer for details.

DARTMOUTH
CHRYSLER DODGE JEEP RAM
Where Nova Scotia Comes to Save!
469-9050 ddodge.com

Metro's Only Mopar Express Lane

MOPAR EXPRESSLANE
FAST OIL CHANGES & MORE

Hours
Mon-Thurs
8am-8pm
Friday
8am-6pm
Saturday
8am-4pm